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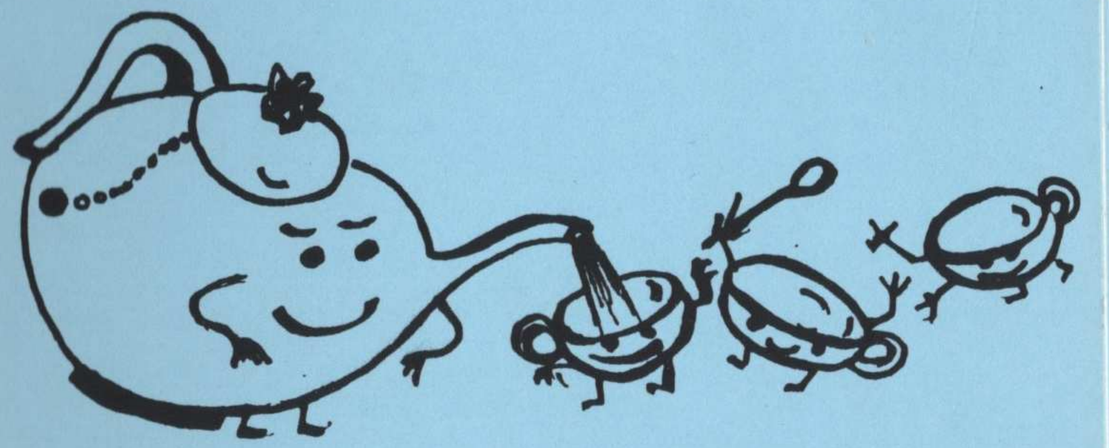
Beverages



HOT SPICED TEA

1 t whole cloves
1" stick cinnamon
1 cup orange juice
⅓ cup lemon juice
3-4 quarts boiling water
1 cup sugar
3 T tea leaves

Tie spices and tea in cheesecloth bag and steep in water for 5 minutes. Remove bag and stir in sugar and juices. Serve hot. Yield: 25 servings

MULLED WINE

1 gallon cider or apple juice
24 whole cloves
½ cup brown sugar
½ lemon, sliced
1 gallon red burgundy wine
OR 1 gallon cranberry juice

Put juice in large automatic coffee pot with spice, sugar and lemon in the top basket; perk. Add wine and allow to heat. This may be made on top of the stove using a cheesecloth bag for spices and lemon. CAUTION: fresh cider may turn cloudy if boiled; if so, strain before serving. Yield: 64 4-ounce servings

CHICKEN-TOMATO MADRILENE

7 quarts water
25 chicken bouillon cubes
2 quarts tomato juice
2 T Worcestershire sauce
Tabasco to taste

Heat water, add bouillon cubes and stir to dissolve. Add tomato juice, worcestershire and tabasco. Heat and season to taste.
Yield: 72 4-ounce servings

MOTHER'S PUNCH

4 quarts apple cider
2 cups orange juice
1 T whole cloves
2 t whole allspice
⅛ t nutmeg
8 T brown sugar
Rum to taste
(½ to 1 bottle)

Heat in 30 cup coffee maker. May be served hot or cold.
Yield: 30 servings

QUICK CHAMPAGNE COOLER

½ gallon orange ice (not sherbet)
2 bottles or more chilled champagne

Scoop orange ice into punch bowl and carefully add champagne.
Serve in cups.

EGG NOG DeLUXE

1 quart dairy eggnog
1 cup bourbon
¼ cup rum
¼ cup brandy

Combine and serve with care.

ORANGE BLOSSOM PUNCH

1 quart orange juice
1 bottle champagne, chilled
1 quart ginger ale, chilled

Mix all together in large pitcher; serve with ice.
Yield: about 25 servings

WINE PUNCH

1 pint ripe strawberries
2 T sugar
2 bottles white wine, chilled
(Chablis is good)
1 liter lemon-lime soda, chilled
1 liter soda water, chilled

Slice strawberries into punch bowl; sprinkle with sugar. Add 1 bottle of the wine and let marinate for at least 1 hour. Add remaining wine, flavored soda, and soda water. Add an ice ring or block of ice.
Yield: about 30 servings

RASPBERRY WINE PUNCH

1 lemon, sliced thin
1 lime, sliced thin
½ cup sugar
10-oz. pack frozen raspberries
1 bottle white wine
1 12-oz. can frozen pink lemonade
9 cups water
4 cups lemon-lime soda

Combine lemon and lime slices with sugar; refrigerate for an hour, stirring occasionally. Thaw and blend raspberries. Combine with concentrate, add water and chill. Pour over fruit slices in bowl, add wine and soda. Serve with ice. Yield: 20 servings

EASY ICED TEA

2 quarts cold water
8 tea bags

Combine and refrigerate overnight. Add ice, sweetening, lemon to taste.

CITRUS PUNCH

1 6-oz. can frozen pink lemonade
1 6-oz. can frozen yellow lemonade
1 6-oz. can frozen limeade
green and yellow food coloring
2 liter bottles ginger ale

Combine each can with 2 cups water. Add a drop of yellow to lemonade; a drop of green to limeade. Freeze into cubes. Put cubes into punch bowl; add gingerale, stir. Allow to stand for 10 minutes before serving. Yield: 25 servings

GOLDEN PUNCH

1 12-oz. can frozen orange juice
1 12-oz. can apricot nectar
1 liter ginger ale or lemon-lime soda

Reconstitute orange juice; mix in apricot nectar. Pour over ice; add soda and serve.

PARTY PUNCH

1 6-oz. can frozen orange juice
1 6-oz. can frozen lemonade
1 6-oz. can frozen limeade
4 cups water
1 28-oz. bottle ginger ale

Thaw juices and mix with water. Pour over ice and add ginger ale just before serving.

SCARLET LADY

4 cups cranberry-apple juice
1 cup orange juice
1 28-oz. bottle soda
¼ cup lemon juice
ice cubes

Combine juices with ice. Pour in soda carefully.
Yield: 8 8-oz. servings

LEMON-STRAWBERRY PUNCH

3 6-oz. cans frozen lemonade
1 box frozen sliced strawberries, OR
1 pint fresh berries, sliced and lightly sugared
1 quart ginger ale

Combine strawberries with reconstituted lemonade in punch bowl. Add gingerale and a block of ice. If using ice cubes, reduce water to compensate.

FRUIT PUNCH

1 46-oz. can pineapple juice
2 6-oz. cans frozen lemonade
4 cups cranberry-apple juice
1 8-oz. jar maraschino cherries
2 oranges, sliced
1 quart ginger ale or soda water, chilled
Red food coloring

In a large punch bowl combine the pineapple juice, lemonade concentrate, cranberry-apple drink, cherries with syrup, and orange slices. Tint to desired color. Add ginger ale. Serve with ice or float sherbet for extra flavor.

Appetizers

Soups

CRAB PIE

1 pound crabmeat
1 cup mayonnaise
½ jar capers, drained
4 oz. sharp cheddar cheese, grated

Mix crab, mayonnaise, and capers. Put in lightly greased ovenware dish. Top with the grated cheese. Bake in 350° oven until mixture bubbles -- about 10 - 15 minutes. Serve with crackers or melba toast.

HOT CRAB DIP

8 oz. cream cheese
1 T milk
2 T onion, grated
1 t or more grated horseradish
Salt and pepper
1-2 packages frozen crabmeat
Slivered almonds

Mix cheese with milk, onion, horseradish and seasonings. Blend in crabmeat. Turn into buttered baking dish, sprinkle with slivered almonds. Bake at 375° about 20 minutes. Serve hot with toast or crackers.

ARTICHOKE DIP

1 15.5 oz. can artichoke hearts, drained
1 cup grated parmesan cheese
8 oz. mozzarella cheese, grated
1 cup mayonnaise
pinch of garlic salt

Chop artichokes and mix with remaining ingredients. Turn into lightly greased baking dish and bake at 350° for 30 minutes.

FESTIVE LOBSTER DIP

2 T chopped onion
2 T chopped green pepper
2 T butter or margarine
1 10½ oz. can condensed mushroom soup
½ cup light cream
2 egg yolks, beaten
2 5½ oz. cans lobster OR ¾ cup fresh lobster
2 T dry sherry
⅛ t cayenne pepper
1 cup cheddar cheese, grated

Saute onion and pepper in butter for about 10 minutes. Combine soup, cream and egg yolks. Add to sauteed mixture, blending well. Add lobster, sherry and pepper. Cook, stirring, until mixture thickens. Add cheese and stir until melted. Serve with crackers. Keep warm in a chafing dish or fondue pot.

RYE ROUNDS

4½ oz. black olives, sliced
4-6 scallions, chopped
1 cup cheddar cheese, grated
½ t curry powder
Salt, pepper, garlic powder, to taste
Mayonnaise
Cocktail rye rounds

Mix first five ingredients. Stir in enough mayonnaise to make spreadable mixture. Spread on rye rounds. Broil until hot and bubbling. Makes about two dozen. VARIATION: Substitute ½ cup chopped green pepper for olives and omit curry powder. Spread on halved english muffins. Cut each into quarters. Broil and serve.

PATE

3 oz. can liverwurst paste
½ can beef bouillon
1 package unflavored gelatin
3 oz. cream cheese
1½ T sherry

Dissolve gelatin in bouillon; heat. Blend remaining ingredients. Pour half of gelatin mixture into mold and refrigerate. Mix ½ of remaining gelatin to liverwurst mixture and pour over gelatin in mold. Cover with remainder of gelatin. Refrigerate until firm. Unmold and serve with crackers or toast fingers.

LIVER PATE

8 oz. chicken livers, chopped
1 medium onion, chopped
1 clove garlic, minced
4 oz. (1 stick) butter
Sherry to taste

Saute the onion in half the butter until transparent. Add the livers and garlic, frying gently just until cooked. Stir in remaining butter and sherry. Pour into mold or serving dish and chill.

CHICKEN LIVER PATE

2 cups finely chopped onions
½ cup (1 stick) butter or margarine
1 pound chicken livers
⅔ cup sherry
¼ cup brandy
1 t salt
¼ t coarsely ground pepper
2 T grated horseradish (optional)

Saute the onions in butter for about 20 minutes or until golden brown. Add chicken livers and sherry; cover and simmer until livers are tender. Blend in brandy and seasonings, heating briefly. Blend or process until smooth. Fold in horseradish. Turn into oiled mold and refrigerate.

HOMESTYLE BOURSIN CHEESE

1 8-oz. package cream cheese
1 clove garlic, crushed
2 t Dijon-style mustard
1 t caraway seed (optional)
1 T fresh dill, finely chopped
1 t basil
1 T minced chives
lemon pepper

Mix all ingredients together well. Put into a mold or form in a ball. Roll in lemon pepper.

BEER CHEESE DIP

8 oz. sharp cheese, grated
1 t worcestershire sauce
2 8 oz. cartons commercial blue OR onion dip
5-6 oz. beer, heated & cooled
1¼ oz. blue cheese
2 t marjoram
¼ t tabasco
½ onion, minced
1 clove garlic, minced

Mix all ingredients except beer, blending thoroughly; add beer gradually. To serve a group, cut and remove center of a loaf of bread, forming a bowl. Put dip in the bread container and cut the removed portions into dipper-sized pieces.

ALL-PURPOSE WINE CHEESE

¾-1 lb. sharp cheddar
½ cup butter
8 oz. cream cheese
½ cup cream sherry OR port wine
2 T fresh parmesan (optional)

Shred cheddar in processor; add butter and cream cheese, cut in pieces. Add wine gradually and process until smooth. Scrape sides of container, add parmesan and blend thoroughly. Spoon into containers, cover and refrigerate. Keeps for about a month; firm when cold, softens at room temperature. Yield: about 3 cups

CHIPPED BEEF LOGS

3 packages air-dried beef
1 bunch scallions
3 8 oz. packages cream cheese
2 T worcestershire sauce
2 t Accent

Pick through beef and set aside enough to make 3 9"x7" rectangles (for "bark" covering). Chop the remaining beef and scallions. Soften cream cheese; add worcestershire and accent, mixing well. Stir in chopped beef and onion, blending (hands are best for this). Lay "bark" out on sheets of aluminum foil. Divide cheese mixture into thirds and put each portion across the middle of the "bark" the long way. Roll up, sealing sides with a bit of cream cheese. Close foil, sealing ends, and refrigerate or freeze.

SMOKY CHEESE BALL

1 8-oz. package cream cheese, softened
1 5 oz. can water chestnuts, diced
1 T horseradish
1 T Dijon-style mustard
1 cup regular or sweet Lebanon bologna, chopped
⅓ cup walnuts, finely chopped
Parsley for garnish

Mix together the cheese, chestnuts, horseradish and mustard. Add the bologna, mixing well. Chill for an hour or until firm enough to form into a ball and roll in chopped nuts. Wrap in foil and refrigerate until serving. Garnish with parsley sprigs and serve with crackers, sliced cucumber, carrot and celery sticks.

FRUITED CHEESE BALL

2 8-oz. packages cream cheese
1 8½-oz. can crushed pineapple, drained
2 cups pecans, chopped
¼ cup green pepper, minced
2 T onion, minced
Seasoned salt to taste

Soften cream cheese and stir in the pineapple, 1 cup of the pecans, the pepper and onions and seasoned salt to your taste. Chill well. For into a ball; roll into the remaining pecans. Garnish with parsley, red sweet pepper, or red grapes; serve with crackers.

SPINACH DIP

2-3 packages frozen chopped spinach*
8 oz. sour cream
1 cup mayonnaise
½ t celery salt
½ t dill
¼ t onion salt
¼ cup scallions, minced
1 8-oz. can water chestnuts, drained and minced
3 T sweet red pepper, finely diced

Thaw spinach and drain thoroughly; squeeze to eliminate excess moisture. Combine sour cream and mayonnaise with seasonings, blending well. Stir in scallions, spinach, chestnuts, and pepper. Cover and refrigerate for several hours to blend flavors. Serve with vegetables or crackers. Yield: about 3 cups. * Spinach should be chopped if whole leaf spinach is substituted here.

PARSLEY PESTO

1 ½ cups parsley
½ cup olive oil
3 T lemon juice
2 T pine nuts
1 cup freshly grated parmesan or asiago cheese

Wash parsley and pat dry. Process with oil, juice, and pine nuts until fairly smooth. Add cheese and process to blend. Use on pasta or to stuff small cherry tomatoes. Basil may be used along with parsley.

SHRIMP MOLD

2 packages gelatine, unflavored
½ cup water
1 10½-oz. can condensed tomato soup
2 3-oz. packages cream cheese
1 cup mayonnaise
¾ cup each onion and celery, minced
2 7-oz. cans shrimp, drained, OR 1 lb. shrimp, cooked and chopped

Soften gelatine in water. Bring soup to a boil and stir in cheese to blend. Add softened gelatine, stirring until dissolved. Cool. Mix in mayonnaise, then onion, celery, and shrimp. Pour into ring mold and chill. Unmold and serve with saltine crackers.

CLAM DIP

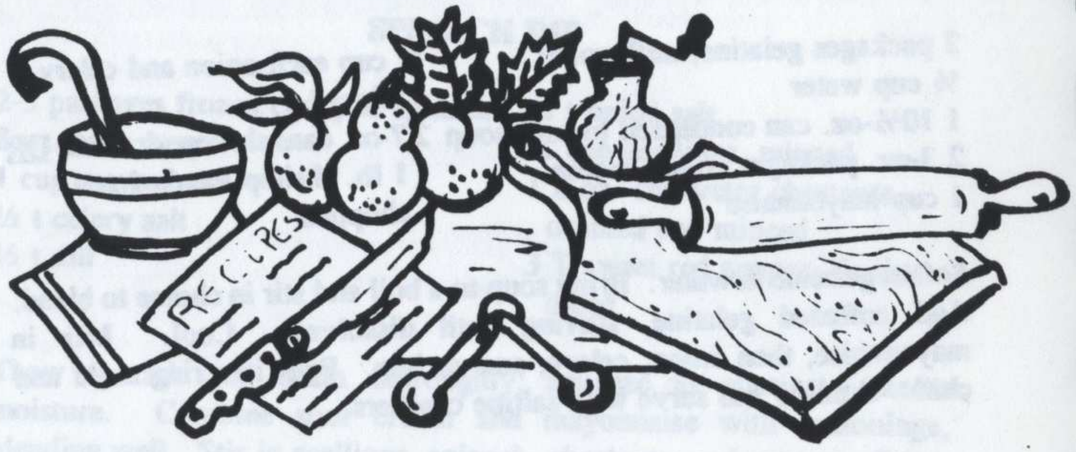
8 oz. cream cheese
1 can minced clams
1 cup sour cream
1 package onion soup mix
1 cup (approximately) chopped parsley

Place cheese in a mixing bowl and mix with juice drained from clams, beating well. Fold in sour cream, then clams, followed by soup mix. Reserve some parsley for garnish and fold remainder into dip mixture. Refrigerate at least 4 hours before serving.

CHICKEN-PECAN LOG

2 8-oz. packages cream cheese, softened
1 T steak sauce (commercial)
½ t curry powder
1½ cups chicken, finely minced
⅓ cup celery, minced
¼ cup toasted pecans, finely chopped

Combine first three ingredients, beating until smooth. Stir in chicken and celery. Chill briefly and form into a log. Chill 4 hours or overnight; coat with pecans. Serve with crackers.



HOT CANAPES

1 cup sharp cheddar, shredded
2 scallions, minced
¼ cup green pepper, minced (optional)
½ cup or more mayonnaise
Split English muffins

Combine cheese, onions, pepper and mayonnaise. Spread on split english muffins. Bake at 400° until bubbling or broil, watching carefully. Cut each muffin into quarters and serve hot.

TRIPLE LAYER HAM AND EGG MOLD

¼ cup cold water
1 package unflavored gelatine

EGG SALAD
12 eggs, hard cooked and chopped
1 cup celery, chopped
½ cup sliced olives
½ t pepper
1½ t salt
½ cup mayonnaise

HAM SALAD
1½ cups ground ham (about ¾ lb.)
⅓ cup mayonnaise
1 T onion, minced
2 t chopped parsley
¼ cup pickle relish
1 t prepared mustard

Soften gelatine in water. Heat, stirring, until dissolved. Mix all ingredients for egg salad. Stir in ⅔ of the gelatine mixture (about 2½ T). Spoon half of this into 6 cup mold. Combine all ham salad ingredients, blending well. Add remaining gelatine (1½ T) to ham mixture. Spoon carefully over egg layer, spreading evenly. Cover with remainder of egg salad. Cover and chill until firm. Unmold, garnish as desired and serve with crackers, bread, or rolls.

HAMMY CUPS

Miniature pastry cups, or substitute
3 T butter
3 T flour
1 cup milk
dash of nutmeg and cayenne
1 egg yolk
⅔ cup ham, minced
½ cup grated Swiss

Melt butter, stir in flour and cook briefly. Off heat, stir in the milk; return to stove and cook, stirring, until very thick. Remove from heat and beat in the seasonings and egg yolk. Stir in the ham and cheese. Put the filling into baked pastry and bake for about 5 minutes in 350° oven. Garnish with minced parsley. Yield: about 2-3 dozen

ITALIAN CUPS

Miniature pastry cups, or substitute
3 T butter or olive oil
½ cup onion, diced
1 green pepper, diced
1 red pepper, diced
1 cup tomato, peeled, seeded, and diced
¼ t each basil and oregano
8 oz. mozzarella cheese, diced

Saute onion in oil until translucent. Add peppers and tomatoes and cook until softened and moisture is reduced. Add herbs; remove from heat and cool. Mix in cheese. Fill pastry cups; bake at 350° for 5-10 minutes or until well heated. Yield: about 4 dozen

MEAT TURNOVERS

Pastry for turnovers
3 T butter
¼ cup shallots, minced
1 clove garlic, minced
1 pound veal, ground
½ pound lean pork, ground
¼ cup parsley, minced
¼ cup cognac
⅓ cup dry bread crumbs
⅓ cup cream
¼ cup pistachios, chopped
½ t thyme
salt & pepper to taste
egg wash

Melt butter; add shallots and garlic and cook until translucent. Add meats, cooking and stirring until crumbly. Cool. Mix in remaining ingredients, blending well. Roll out pastry and cut in approximately 2½" squares or cut with cookie cutters. Spoon about a heaping teaspoonful of filling on each. Moisten edges and fold over to seal, making triangles or semi-circles. Brush tops with wash made by beating 1 egg with 2 T water. Bake at 425° for 15 minutes; reduce temperature to 375° and bake for 10 minutes more. Serve hot. May be made earlier and reheated for serving.

MID-EAST TURNOVERS

⅓ cup pine nuts
2½ t oil
1 large onion, minced
1 lb. ground beef
salt and pepper
2 T parsley, minced
½ t cinnamon
½ cup peeled, seeded, diced tomato

Brown the nuts in the oil; remove to paper towel to drain. Add onion and cook until soft but not browned. Stir in beef, sauteing until all pink is gone. Add remaining ingredients and cook until liquid is evaporated. Add nuts. Cool and use as in recipe for Meat Turnovers, above.

CHEESE CRISPIES

8 oz. extra sharp cheddar, grated
1 cup (2 sticks) butter or margarine
½ cup onion, minced
pinch of cayenne
1½ cups flour
2 cups Rice Krispies

Cream cheese and butter until light. Blend in onion and cayenne, add flour and mix well. Blend in Rice Krispies. Drop by teaspoonsful onto ungreased baking sheet. Press lightly with fork. Bake at 350° for about 10 minutes. VARIATION: Omit onion; increase cayenne to ¼ t and cereal to 2½ cups. Roll into 1" balls and flatten to size of half-dollar.

CHEESE COCKTAIL WAFERS

2 sticks butter or margarine
2 cups flour
8 oz. sharp cheese, grated
½ t cayenne pepper
½ t salt
2 cups Rice Krispies
1 cup pecans, chopped

Cut butter into flour until mixture resembles coarse meal. Mix in cheese, pepper and salt. Lastly stir in cereal and pecans. Pinch off small pieces, place on ungreased baking sheet and press flat. Bake at 350° for 15 minutes.

CHEESE CUPS I

1 lb. grated cheese - your choice
OR mix (cheddar, swiss, gouda, parmesan)
2 eggs, beaten
Freshly ground white pepper

Mix together thoroughly; place heaping teaspoonful in unbaked pastry cup. Bake at 350° for 20-25 minutes.

CHEESE CUPS II

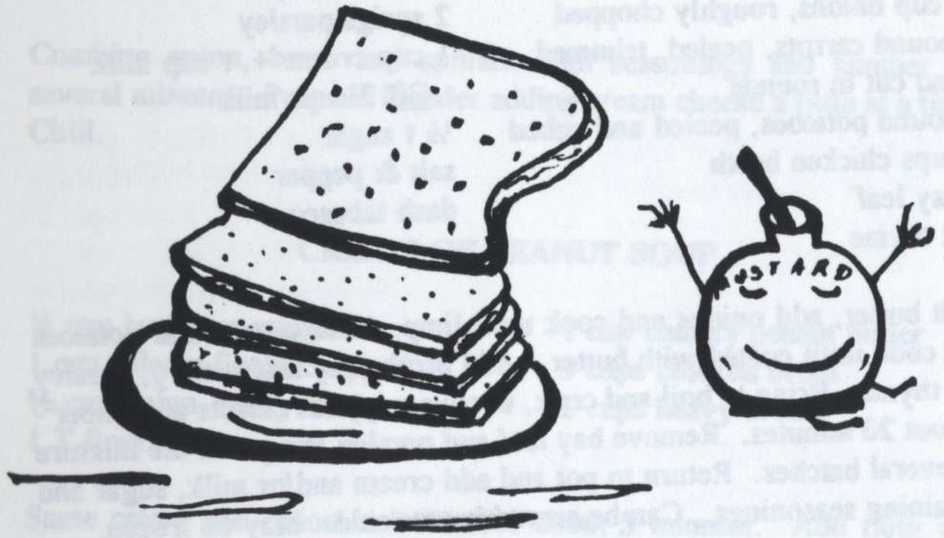
8 oz. cream cheese
3 eggs
1 pound blue, camembert, or chevre cheese

Combine ingredients in processor and blend until smooth. Bake in 9" unbaked pastry shell or mini-muffin cups at 350° for 25-30 minutes. Garnish with toasted slivered almonds. Large pie shell can be cut in concentric circles and then into bite-sized pieces.

SAGE-PECAN-CHEESE WAFERS

¾ cup flour
¼ t salt
⅓ cup butter or margarine
1 cup sharp cheddar, grated
½ cup pecans, minced
dash cayenne
1 t ground sage

Mix flour, salt, cayenne and sage with pecans in food processor. With motor running, add butter, then cheese until mixture forms a ball. Refrigerate. Either roll and cut or form into a roll and slice in ¼" slices. Bake on ungreased sheet in 350° oven for about 12 minutes or until edges are golden brown. Yield: about 3 dozen



CARROT SOUP I

2 T butter or margarine
¼ cup onion, chopped
1 rib celery, sliced
2 cups pared, sliced carrots
2 cups chicken broth
¼ cup white wine
1 cup light cream
¼ t nutmeg
⅛ t pepper

Cook onion and celery in butter until tender. Add carrots and cook 5 minutes. Add broth and wine, bring to boil, cover and simmer 20 minutes. Puree, return to pan, and add remaining ingredients. Heat to serving temperature.

* CARROT SOUP II

2 T butter or margarine
½ cup onions, roughly chopped
1 pound carrots, peeled, trimmed and cut in rounds
1 pound potatoes, peeled and cubed
6 cups chicken broth
1 bay leaf
½ t thyme
1 stalk celery
2 sprigs parsley
1 cup cream + 1 cup milk
OR 2 cups milk
½ t sugar
salt & pepper
dash tabasco

Melt butter, add onions and cook until limp. Add carrots and potatoes and cook until coated with butter. Add broth, bay leaf, celery, parsley and thyme. Bring to boil and cook, uncovered, until carrots are tender -- about 20 minutes. Remove bay leaf and parsley and puree the mixture in several batches. Return to pot and add cream and/or milk, sugar and remaining seasonings. Can be served hot or cold. May be frozen.

CUCUMBER SOUP

2 large (or 4 small) cucumbers, peeled, seeded and chopped
1 package cream of leek soup
3-6 drops green food coloring
1 T lemon juice
2½ cups whole milk

Put all ingredients in blender and process on slow for 2 minutes. Turn to high and blend until smooth. Chill for several hours. Sprinkle with chives.

COLD SPINACH SOUP

1 large onion, chopped and sauteed in butter
2 packages frozen chopped spinach, thawed and drained
3 cans (13¾ oz.) chicken broth
salt, pepper, paprika
2 8-oz. packages cream cheese

Combine onion, broth and spinach with seasonings and simmer for several minutes. Puree in blender adding cream cheese a little at a time. Chill.

CREAM OF PEANUT SOUP

¼ cup butter or margarine
1 cup celery, finely chopped
⅓ cup onion, finely chopped
1 T flour
1 cup chunky peanut butter
3 cups chicken broth
2 cups heavy cream

Saute celery and onion in butter for about 5 minutes. Add flour and peanut butter; gradually stir in broth. Bring to boil, reduce heat and simmer for 10 minutes. Stir in cream and heat through.

NEW ENGLAND CLAM CHOWDER

½ cup bacon or lean salt pork, diced
1 medium onion, chopped (about ½ cup)
2 8-oz. cans clams, minced
1 cup potato, diced
½ t salt
dash pepper
1 bay leaf
½ t Accent (optional)
2 cups milk

Cook bacon until crisp; add onion and cook, stirring, until translucent. Drain clams, reserving liquid and add enough water to make 1 cup. Add this liquid, the potatoes, salt, pepper, and bay leaf to onion. Bring to boil, cover, reduce heat and cook until potato is tender (about 15 minutes). Stir in clams and milk and heat, stirring occasionally. Garnish with a bit of chopped parsley. Yield: 6 servings

SEA FOOD CHOWDER

¼ cup butter
½ onion, finely minced
2 cups chicken broth or fish stock
1 cup carrots, thinly sliced
1 cup celery, chopped
3 cups milk
1 cup heavy cream
1 cup minced clams; fresh or canned, with liquid
½ bay leaf
½ t thyme
1 t salt
⅛ t black pepper
½ pound haddock fillets, cut bite-sized
¼ cup flour
1 cup fresh or frozen crab, flaked
3 T parsley, minced

Saute the onion in melted butter until tender. Add stock, carrots, celery, and seasonings. Bring to boil and simmer 10 to 15 minutes. Add haddock and simmer 10 minutes or until fish flakes. Mix flour into one cup of the milk and add to chowder, stirring until it thickens. Add remaining milk and heat; stir in cream, crab meat and clams. Heat but do not allow it to boil Garnish with parsley. Yield: 6 - 8 servings

SPICY CRAB SOUP

½ cup olive oil
6-8 scallions, chopped
1 small green pepper, chopped
2 cloves garlic, crushed
2 t paprika
2 T curry powder (or to taste)
46 oz. can tomato juice
½ t pepper, freshly ground
1 t salt OR Accent
1 ¼ pound crabmeat, picked over
1 cup zucchini, pared, diced
1 cup cucumber, pared, diced, seeded
2 firm avocados, pared, diced
½ cup parsley, chopped

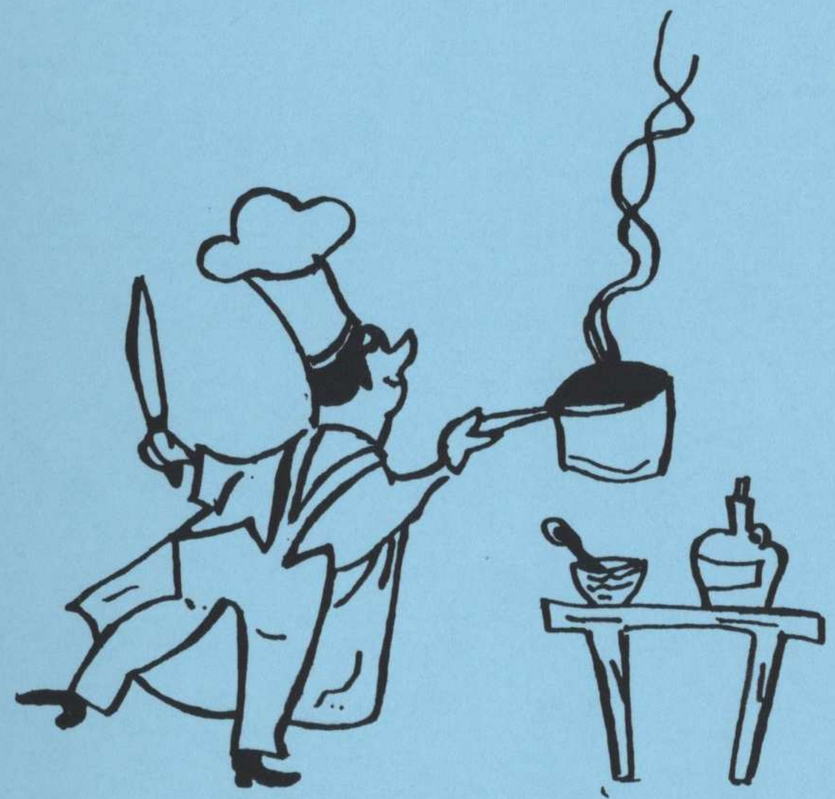
In a heavy Dutch oven saute onions, green pepper, garlic, paprika, and curry in olive oil. Add tomato juice and seasonings. Cover and simmer 25 minutes. Add crabmeat and remaining ingredients. Simmer at least 5 minutes until warm. (Tastes even better the second day). Serves 10-12 as first course or 6-8 as main dish (over rice).

PLAZA STEAK SOUP

½ cup (1 stick) margarine
1 cup flour
8 cups water
1 pound hamburger (lean)
1 cup each onions, carrots, celery, chopped
2 cups frozen mixed vegetables
1 15-18 oz. can tomatoes
1 T Accent
2 T beef base (4-6 cubes)
1 t black pepper

Melt margarine, add flour and cook briefly. Gradually stir in water and bring to simmer. In separate pan cook beef until it loses its color and add to soup. Blanch onions, carrots and celery and add along with remaining ingredients. Bring to boil, reduce to simmer and cook until vegetables are done. May be frozen.

Breads, etc.



A WORD ABOUT SOURDOUGH

Starters for sourdough come in many varieties and are used to replace yeast in leavening. Many cooks keep starter in the refrigerator; commercial products are available (especially in the San Francisco area); anyone can produce starter by planning ahead.

The varieties are endless -- this is the simplest:

1 T (1 package) dry yeast
1 cup warm water
1 T dried milk powder
1 cup whole wheat flour

Dissolve yeast in water; stir in milk and flour. Mix thoroughly. Cover with plastic wrap and let stand in a warm place for 24 hours. Stir and add an additional cup of water and flour. Cover and let stand another day.

At this point 1 cup of the starter will replace the yeast called for in a regular bread recipe. The remainder of starter may be replenished by adding more flour and water; it may be refrigerated for later use.

Starter should be stirred daily. If not used for a week, "feed" with additional flour and water in equal parts to keep yeast active. The starter ferments at room temperature, slows growth when refrigerated, and can be frozen -- just defrost, let stand at room temperature to renew growth, and use. Starter can spoil; discard any that develops a pinkish color.

Starter is used for biscuits, pancakes, bread, and coffeecakes. Two quite different starters are used in the following recipes. One uses a regular sponge while the second requires sugar and milk, producing a sweet blend.

COUNTRY SOURDOUGH

1 cup water (quite warm)
1½ t dry yeast
1¼ cups warm water
1 cup whole wheat or rye flour
1 T salt
4½ to 5½ cups white or unbleached flour

Dissolve yeast in the warm water in a large bowl. Stir in 1 cup of flour and beat well. Cover bowl with plastic wrap and allow to rise and ferment overnight. The next day add 1 cup of water and the whole wheat or rye flour. Mix thoroughly, recover and allow to sit overnight. On the third day add the salt, the final ¼ cup of water and enough of the flour to make a stiff dough. Turn out on a floured board and knead, adding flour as necessary, to make a smooth, elastic dough -- about 10 minutes. Return to bowl, cover again with wrap, and let rise until more than doubled in bulk -- about 2 to 3 hours. Turn out, punch down, and form into 2 loaves. Place in lightly greased loaf pans or a cookie sheet sprinkled with cornmeal. Let rise until double -- about 30-45 minutes. Carefully slash tops of loaves; bake in pre-heated 500° oven for 10 minutes; reduce oven temperature to 350° and bake for 30 minutes longer or until done. Yield: 2 10-oz. loaves

AMISH FRIENDSHIP BREAD

1 cup starter
1 cup sugar
1 cup flour
1 cup milk

Add ½ cup each flour, sugar, and milk to starter. Cover and allow to ferment, stirring daily for 3 days. On the fourth day add remaining flour, sugar, and milk, mixing well. Cover and repeat rising process, stirring daily for 4 days. Remove 1 cup of the starter and use remainder to finish recipe.

STARTER
3 eggs, beaten
2 cups flour
1¼ t baking powder
¼ t salt
Dates, raisins, nuts, dried fruit, wheat germ are optional additions
⅔ cup oil
1 t vanilla
1 cup sugar
1 t cinnamon
½ t baking soda

Stir the liquid ingredients into the starter; sift in the dry ingredients, mixing thoroughly. Add any of the optional ingredients in the quantity you desire. Pour into lightly greased and sugared 9" x 5" loaf pans (or 4 8" x 4" pans) and bake in preheated 350° oven for 40-45 minutes. Cool 10 minutes before removing from pan. Yield: 2 large or 4 small loaves.

CINNAMON ROLLS

½ cup sugar
2¼ cups warm water
1 T dry yeast
1 egg or 2 yolks
⅓ cup oil
2½ t salt
1 cup dried milk powder
7 - 8 cups flour
1½ cups light brown sugar
1 T cinnamon
additional oil

Combine sugar with warm water; dissolve yeast in this. Beat in egg, ⅓ cup oil, salt, milk solids, and 2 cups flour. Add enough more flour to make a stiff dough, mixing well. Allow to rise until double. Divide in half and roll each portion to 14" x 10". Paint with oil. Combine brown sugar and cinnamon. Sprinkle half on each rectangle. Roll up from long side. Cut in 1" slices; dip sides in oil and place in 2 greased 9" x 13" pans. Cover and let rise until doubled. Bake in preheated 400° oven for 20 minutes. Yield: 28-30 large rolls.

WALNUT BREAD FRENCH STYLE

1½ cups whole wheat flour
1½ cups walnuts
1 T dried yeast
1 cup water
1 t salt
1 T honey or molasses
⅓ cup milk
2 cups white flour
⅓ cup raisins (opt)

Process ¾ cup of the nuts with the whole wheat flour until very finely chopped. Dissolve yeast in water; add salt and sweetening and milk. Add white flour to processor; add liquid mixture and process until it forms a ball.

Knead on floured board, kneading in remaining nuts and raisins. Let rise in greased, covered bowl until double in bulk. Form into loaf, place on greased baking sheet and allow to double. Slash top in several places. Bake in 375°-400° oven for 40-45 minutes. Cool on rack (covered if you prefer a softer crust). This bread my be served with cream cheese or as part of a cheese course, or with a salad.

PARKER HOUSE ROLLS

1 cake compressed yeast OR
1 packet dry yeast
¾ cup tepid water
1 ¾ t salt
6 T sugar
¾ cup milk, scalded and cooled
¼ cup shortening + butter for pre-baking
5¼ cups flour

Dissolve yeast in warm water; add salt, sugar, cooled milk and shortening. Add flour, a little at a time, beating thoroughly after each addition. Turn out on a floured board and knead until smooth. Return to bowl; cover with warm damp cloth and allow to rise until double in bulk. Roll out to ⅓" thickness and cut with 2" round cutter. Crease across each with dull edge of knife. Brush each round with butter and fold over, pressing with palm of hand. Place and let rise until triple in bulk. Bake in preheated 450° oven for 15-18 minutes. Yield: 24

ANADAMA BREAD

1 T dried yeast
1 cup warm water
½ cup cornmeal
1½ cups boiling water
2 T butter
½ cup molasses
2 t salt
3 cups whole wheat flour
3 cups white flour
1 T gluten (optional)

Mix yeast with ½ cup warm water and set aside. Mix cornmeal with remaining ½ cup water and stir into the boiling water; cook, stirring, until mixture comes to boil. Remove from heat. Add shortening, molasses, and salt. Cool to lukewarm. Mix in yeast, then whole wheat flour and gluten, if used. Add white flour, ½ cup at a time until a firm dough is made. Knead until elastic. Place in greased bowl, cover and let rise until doubled. Punch down, knead briefly and form into 2 loaves. Place in greased pans, brush lightly with oil, and let rise until double. Bake in preheated 400° oven for 15 minutes; reduce heat to 350° and bake for an additional 30-35 minutes. This bread may be made with ⅓ cup honey instead of molasses.

BREAD STICKS

1 T dry yeast
1 cup warm water
2 T olive oil
1 egg white, beaten with 1 T water
1 t salt
2-3 cups flour
1 t sugar

Dissolve yeast in warm water. Add oil,sugar, salt and 1 cup of the flour. Beat vigorously. Gradually add remaining flour, ½ cup at a time, until dough is firm. Knead on floured board until very elastic. Allow to rest, covered for a short time. Divide into a dozen pieces and roll each into sticks about pencil thickness. Put them on a greased baking sheet about an inch apart. Let rise for 20 minutes, brush with egg wash and bake in 300° oven for 20-30 minutes: shorter time for softer sticks or longer for crisp sticks. This dough may also be used for pizza shells; it makes enough for 2 medium-size pizzas.

SPICY FRUIT BUNS

1 T dry yeast
1 cup warm milk
6 T butter
½ cup brown sugar
2 eggs, large
¾ cup minced candied fruit and/or currants
½ T each nutmeg, cloves, cinnamon, lemon rind
3½-4 cups flour

Dissolve yeast in milk; let proof. Cream shortening and sugar; beat in eggs. Ad yeast mixture and spices and lemon rind. Stir in flour one cup at a time. Knead, adding fruit. Place in greased bowl, cover, and allow to double in bulk -- 1½ hours. Punch down and form into 24 rolls. Place in greased 10 x 15 pan. Cover and allow to rise until double. Bake in preheated 375° oven for about 18-20 minutes or until light brown. Glaze hot rolls with 1 T sugar and 1 T milk stirred together.

STOLLEN

1½ T (1½ packs) dry yeast
½ cup warm water
pinch + ½ t salt
½ cup + 1 T sugar
4¼ cups flour
½ cup milk
¾ cup butter or margarine
1 egg + 2 egg yolks
grated rind of 1 lemon
¾ cup candied fruit
½ cup raisins
2 T currants
1 T flour
½ cup slivered almonds
1 egg for wash

Combine yeast, water, pinch of salt and 1 T sugar with ½ cup of the flour. Allow to rise for about 10 minutes. Meanwhile scald milk, add sugar and shortening. Allow to cool and stir in lemon rind and egg and egg yolks. Mix into sponge alternately with 2 cups of the flour and remainder of salt. Stir vigorously. Add remaining flour to make a soft dough. cover and let rise for about an hour. Chop candied fruit fine; mix with raisins and currants and dredge with flour. Pat out dough and spread fruit and nuts on top. Knead to incorporate into dough. Let rise 40 minutes, covered. Shape into loaves or traditional stollen shape (like large parker house rolls). Place on greased cookie sheet and let rise to double in bulk. Brush with beaten egg. Bake in preheated 350° oven for about 20-30 minutes. Yield: 2 large or 3 smaller loaves.

PAUL'S BREAD

2 cups rolled oats (not instant)
¼ cup honey
2 t salt
½ t each cinnamon and nutmeg
2 T butter or margarine
1¾ cups boiling water
¼ cup warm water
1 package (1 T) dry yeast
1 egg
3 cups whole wheat flour
1-2 cups white flour
½ cup raisins

Put oats, honey, salt, spices, shortening in bowl. Sitr in boiling water. Dissolve yeast in warm water. When oats mixture has cooled, stir in egg and yeast. Add whole wheat flour and knead, using enough white flour to finish dough to a non-sticky consistency. Lastly, incorporate raisins. Turn into a greased bowl and allow to double (about 1 hour). Punch down and form into a loaf (loaves). Place in greased pan. Allow to double. Bake at 350° for 45 - 70 minutes depending upon size. For softer crust, brush with shortening and cover while cooling.

This is wonderful fresh, toasted, as french toast, sandwiched with cream cheese, or in bread pudding.

SOUR CREAM COFFEECAKE

1 cup sugar
½ cup butter
2 eggs
1 cup sour cream
1 t vanilla
1½ cups flour
1 t baking powder
1 t baking soda
1½ cups pecans
1½ cups dates
1 t cinnamon
3 T brown sugar

FROSTING:
3 T each cocoa, hot milk, butter
1 t vanilla
2 cups 10x sugar

Cream together the shortening and sugar; stir in the eggs, sour cream and vanilla. Sift flour with baking powder and soda and add, mixing for 3 minutes. Chop nuts and dates in blender or processor with brown sugar and cinnamon. Stir in, mixing well. Spoon into greased tube or bundt pan and bake in pre-heated 350° oven for 45 minutes. Turn off heat and allow to cool in open oven for 1 hour. Let stand on rack for additional 30 minutes before removing from pan. Frost cooled cake with cream cheese frosting or chocolate frosting made by combining cocoa with hot milk, butter, vanilla and 10x sugar (add more sugar if needed to make right consistency).

SWEDISH COFFEE CAKE

¾ cup butter
⅔ cup sugar
1 egg
1¼ cups flour
½ t cinnamon
⅛ t salt
¾ cup powdered almonds
1 t vanilla
6-7 oz. seedless red raspberry jam

Cream shortening and sugar; beat in egg and vanilla. Combine dry ingredients and stir in gradually. Spoon into lightly greased 9" pie pan, pushing batter up around sides. Spoon jam evenly over the center of the cake. Bake in preheated 350° oven for about 40 minutes.

DANISH PASTRY

1 lb. margarine or butter blend spread
1 cup milk
2 T yeast
½ cup warm water
6 cups sifted flour
⅓ cup sugar
1 t salt
2 eggs (large)
egg white glaze

Dissolve yeast in warm water. Cream ½ cup (1 stick) shortening with sugar and salt. Add eggs and beat well. Stir in yeast mixture and milk (mixture will be curdled). Stir in 3 cups of the flour and beat until smooth. Stir in remaining flour, mixing just to moisten. Turn out onto floured pastry cloth and pat into 10-12" square. Turn sides in to center, turn over and pat out to 8" square. Fold up in pastry cloth and refrigerate for at least 15 minutes. When chilled, roll out to 10x15 rectangle. Cut remaining shortening into pats (about 18-20 per quarter pound). Place half the pats on middle third of dough, like tiles. Fold over ⅓ of dough to cover; repeat with remaining squares. Fold over and press to seal. Turn dough ¼ turn; dust lightly with flour and roll out with smooth even pressure to 12x20 rectangle. Fold in thirds to 6x12 rectangle; turn dough ¼ turn and repeat rolling. Again fold in thirds and repeat rolling. Allow to rest briefly between rolling, refrigerating dough if room is warm. After four rollings, cut dough in thirds, wrap

securely and refrigerate for at least 1 hour. Each section of dough will make 15-20 individual danish or one coffeecake.

For individual danish, roll out one section to a 7x12 rectangle, cut in strips and coil, twisting. Dough may be filled as for cinnamon rolls and cut, or shape as you wish. Mix together 1 egg white and 2 T water to glaze shaped rolls. Bake in preheated 375° oven; 15 minutes for small danish and 25 minutes for coffeecakes. Drizzle with powdered sugar/water glaze.

DANISH PASTRY FILLINGS

CHEESE: 1 cup cottage cheese or cream cheese, 1 egg yolk, 1 t sugar and ½ t vanilla

FRUIT: ½ cup chopped cooked prunes and/or dried apricots, 3 T sugar, 1 t grated orange rind

DATE: ½ cup chopped dates, ¼ cup sugar, 1 t corn starch, ⅓ cup water, cook until thick. Add 1 t lemon juice and cool

CINNAMON-CURRANT: Spread 1 egg yolk on rolled-out portion of dough. Sprinkle with cinnamon sugar and currants (preferably softened in a bit of rum or cognac). Fold in half, roll lightly to seal, cut in strips and coil

PINEAPPLE: 2 t sugar, 1½ t corn starch, 3 T water, ¼ cup drained crushed pineapple. Cook until thick. Add 1 t lemon juice and cool

Commercial fillings are available in many flavors. Jams or preserves make acceptable fillings, with apricot and raspberry as favorites. Avoid jellies which tend to melt and bake out.

POP HIGH POPOVERS

½ cup flour
½ cup milk
pinch of salt
⅓ cup salad oil
4 eggs

Mix flour, oil, milk, and salt, blending until smooth. Beat in eggs, one at a time, mixing well. Pour into well-greased custard cups or muffin tins, filling each ½ full. Place in cold oven; regulate at 450° and bake for 35 minutes or until dry. May be made the night before and baked for breakfast. Caution: some electric ovens heat using broiler element, may char tops. If so, use regular popover recipe.

BUTTERMILK BISCUITS

2 cups flour
½ t baking soda
1 cup buttermilk
4 t baking powder
5 T shortening
additional oil (optional)

Sift dry ingredients; cut in shortening until mixture resembles coarse crumbs. Add buttermilk all at once; stir until dough follows fork around bowl. Turn out on floured board and knead lightly for half a minute. (Optional: Roll or pat out to ⅜" thickness. Brush with oil or soft butter and fold in half.) Roll or pat to ¾" thickness. Cut with biscuit cutter in rounds or with knife into squares. Bake on ungreased sheet at 450° for 12-15 minutes. Yield: 2 dozen small; 1 dozen large.

OVERNIGHT COFFEE CAKE

¾ cup (1½ sticks) margarine
1 cup sugar
½ cup brown sugar
2 eggs
2 cups flour
1 t baking powder
1 t baking soda
½ t salt
1 t cinnamon
1 t nutmeg
1 cup nuts, chopped
1 cup sour cream

½ cup brown sugar + 1 t cinnamon for top

Cream shortening with sugars and beat in eggs. Sift dry ingredients and stir into creamed mixture. Stir in sour cream and nuts. Spoon into greased 9x13 pan and sprinkle with topping of brown sugar and cinnamon. Cover and refrigerate overnight. Bake in preheated 350° oven for 35-40 minutes.

IRISH SODA BREAD

4 cups flour
1 cup sugar
1 t baking soda
1 t baking powder
1 pint sour cream
1 pound raisins OR half raisins, half currants
2-3 eggs

Sift together the dry ingredients; stir in raisins. Beat eggs and combine with sour cream. Stir into flour mixture. Spoon into greased 9" round pan. Bake in preheated 350° oven for about 1 ½ hours or until tester comes out clean. Serve hot with butter. This may be baked in a tube pan for 1 hour and 10 minutes; use 3 eggs if using this size pan.

APRICOT-NUT BREAD

½ cup dried apricots, diced
1 cup water
1 egg, well beaten
1 cup sugar
2 t butter, melted
2 cups sifted flour
1 T baking powder
¼ t baking soda
¾ t salt
½ cup orange juice
¼ cup water (from apricots)
1 cup sliced brazil nuts OR almonds

Soak apricots in water for 30 minutes; drain, reserving ¼ cup. Beat egg, adding sugar. Mix in butter. Sift dry ingredients and add to egg mixture alternately with orange juice and water. Blend in the apricots and nuts. Spoon into well-greased 8½ x 4½" loaf pan. Bake in preheated 350° oven for 1¼ to 1½ hours.

PINEAPPLE NUT BREAD

¾ cup brown sugar
3 T butter, softened
2 eggs
2 cups flour
2 t baking powder
¾ cup nuts, chopped
½ t baking soda
½ t salt
1 8½-oz. can crushed pineapple, undrained

Cream butter and brown sugar and beat in eggs. Sift dry ingredients and add half to the creamed mixture. Mix in pineapple with its juice. Add remaining dry ingredients with nuts. Spoon into greased and floured 9x5" loaf pan. Top with cinnamon sugar (2 T sugar + ½ t cinnamon). Bake in preheated 350° oven for 60-70 minutes. May be frozen; recipe doubles easily.

EASY CRUMB CAKE

1½ cups flour
1 T baking powder
1 cup sugar
½ cup oil
¼ cup milk
2 large eggs, beaten
⅓ cup brown sugar
2 t cinnamon
3 T unsalted butter

Mix flour, baking powder, and sugar. Combine oil, milk and eggs and stir in just until dry ingredients are moistened. Spoon into ungreased 8" square baking pan. Sprinkle with brown sugar and cinnamon; dot with butter. Bake in preheated 300° oven for 45-50 minutes or until done. Serve warm.

ZUCCHINI BREAD

3 cups flour, sifted
1 t salt
1 t baking powder
1 t baking soda
1 T cinnamon
3 eggs
1¾ cups sugar
1 cup salad oil
2 cups shredded zucchini
1 T grated lemon rind
2 t vanilla
½ cup nuts, chopped

Sift dry ingredients. Beat eggs in large bowl; add sugar, oil, zucchini, lemon rind, and vanilla. Blend in dry ingredients thoroughly; stir in nuts. Spoon batter into 2 greased 8½ x 4½" loaf pans. Bake in preheated 350° oven for 50 minutes, or until centers spring back when lightly pressed with fingers. Cool in pans for 10 minutes before removing from pan. Cool thoroughly before slicing. Yield: 2 loaves

MAPLE PECAN BREAD

½ cup butter or margarine
⅓ cup brown sugar
⅔ cup maple syrup
3 T bourbon
½ cup buttermilk OR sour milk
½ t baking soda
2 eggs
1 t vanilla
2 cups flour
½ t mace
1 t salt (optional)
1 t baking powder
1 cup pecans, finely chopped

Cream the butter and sugar. Mix in the liquid ingredients. Sift dry ingredients and stir just until moistened. Fold in pecans. Bake in greased and floured 9x5" loaf pan. Bake in preheated 350° oven for about an hour. Cool briefly before removing from pan.

PUMPKIN BREAD

3 cups sugar
1 cup oil
4 eggs
2 cups pumpkin puree
3⅓ cups flour
1½ t salt
1 t cinnamon
1 t nutmeg
2 t baking soda
⅔ cup water
1 cup nuts, chopped
1 cup raisins or currants, marinated overnight in 2 T rum or brandy

Beat together the sugar, oil, eggs, and pumpkin until well blended. Add water and mix until sugar is dissolved. Sift dry ingredients and stir in, mixing well. Add raisins and nuts, stirring only enough to distribute evenly. Spoon into greased and floured pans. Bake in greased and floured pans for 1 hour, or until done. Cool for 10-15 minutes before removing from pan. Yield: 2 9" x 5" or 3 7½" x 3½" loaves.

TROPICAL BREAD

⅔ cup sugar
⅓ cup shortening
2 eggs, room temperature
1 cup ripe banana, mashed
1¼ cups flour
½ t each salt and baking soda
1 cup 100% bran cereal
¾ cup diced dried apricots
½ cup nuts, chopped
¼ cup buttermilk
1 t baking powder

Cream shortening and sugar; beat in eggs. Mash banana and mix with buttermilk. Sift dry ingredients and mix into egg mixture with bananas. Stir in bran, apricots, and walnuts, stirring only enough to blend evenly. Spoon into greased and floured 9x5" loaf pan. Bake in preheated 350° oven for about 1 hour. Cool slightly before removing form pan. This freezes well and improves with age. It may be sprinkled with cinnamon sugar or streusel topping before baking. Yield: 1 loaf

CARROT-COCONUT BREAD

3 eggs, room temperature
½ cup oil
1 t vanilla
¼ cup orange juice concentrate
1 cup each shredded carrot, coconut, raisins, walnuts
2 cups flour
½ t salt
1 t each baking powder, baking soda, cinnamon
1 cup sugar

In a large bowl beat eggs until light. Stir in eggs, vanilla and juice concentrate. Blend in carrots, coconut, raisins and nuts. Sift together the dry ingredients. Stir in to first mixture, mixing only until blended. Spoon into pan (1 9x5 or 2 7½x3½) which have been greased, lined with waxed paper, and greased again. Let stand while oven preheats to 350°. Bake for about 1 hour or until dark golden brown and tester comes out clean. Remove from pans to cool. Store closely wrapped.

BLUEBERRY-BANANA BREAD

2 cups sugar
1 cup butter
4 eggs
5 medium bananas, mashed
4 cups flour
1 t baking powder
2 t baking soda
½ t salt
3 t allspice
2 t vanilla
2 cups blueberries

Cream together the shortening and sugar. Beat in eggs, followed by mashed bananas. Mix 2 T flour with the blueberries. Stir 2 cups flour into banana mixture. Sift remaining flour with dry ingredients and fold in together with the vanilla. Add berries. Spoon into 2 greased and floured 9x5" loaf pans. Bake in preheated 325° oven for about one hour. Yield: 2 loaves. May be frozen.

APPLE-OATMEAL BREAD

1½ cups flour, sifted
1 t baking powder
1 t baking soda
½ t salt
1 t cinnamon
½ t nutmeg
⅔ cup light brown sugar
2 eggs
¼ cup melted margarine
¼ cup milk
1 cup oatmeal (not instant)
1 cup walnuts, chopped
2 medium apples, shredded (about 1½ cups)

Stir together dry ingredients. Combine eggs, shortening and milk and stir in. Mix in oatmeal, walnuts and apples. Spoon into greased 8x4" loaf pan and bake in preheated 350° oven for about 1 hour or until done. Yield: 1 loaf

BANANA-WALNUT TEA BREAD

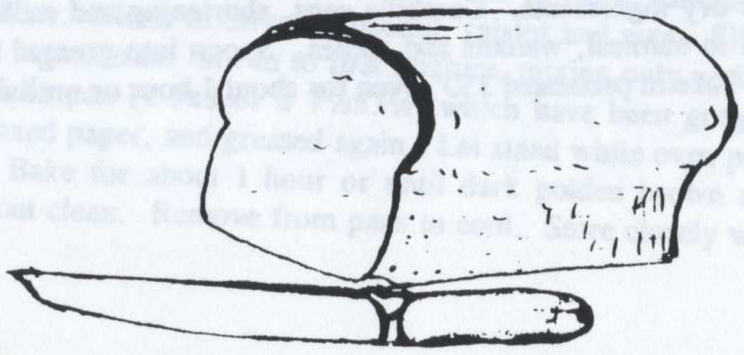
¾ cup sugar
½ cup margarine, softened
2 eggs
1 cup banana, mashed
2 cups flour, sifted
½ t salt
2 t baking powder
¼ t baking soda
1 cup walnuts, chopped

Cream sugar and shortening; add eggs and beat until light. Stir in mashed banana. Sift dry ingredients and stir in, beating until smooth. Add walnuts. Spoon into greased and floured 9x5" loaf pan. Bake in preheated 350° oven for 60-70 minutes. Cool on rack. Freezes well.

APPLE KUCHEN

2½ cups flour
½ cup sugar
¼ t salt
2 t baking powder
1 cup shortening
5-6 apples, peeled, cored and sliced
1 egg
¼ cup milk OR water
Cinnamon sugar

Sift together flour, sugar, salt, and baking powder; cut in shortening. Mix together the egg and milk. Stir into dry ingredients. Roll or pat half of dough in greased 9x13" pan. Layer apples neatly on top to cover generously. Sprinkle with cinnamon sugar. Top with remaining dough. Bake at 350° for 1 hour. Drizzle hot kuchen with thin butter frosting, if desired. Good using peaches.



APPLE PASTRY BARS

2½ cups flour
1 cup margarine
1 egg yolk
milk - about ½ cup
1 t cinnamon
1 cup corn flakes
8 cooking apples, peeled, sliced
¾ - 1 cup sugar

Cut shortening into flour until crumbly. Stir egg yolk in a cup and add milk to equal ¾ cup. Mix into flour to make a soft dough. Roll and pat out half; fit into greased 10x15" jelly roll pan. Sprinkle with crushed corn flakes. Top with sliced apples and cinnamon-sugar mixture. Roll out remaining dough and fit on top, making sure edges are sealed. Make slits in top layer of dough. Bake in preheated 350° oven for 50 minutes. While warm, drizzle with glaze: combine 1 cup 10x sugar with 1 T milk.

MOSAIC SANDWICHES

3 ½" slices each wheat and white bread
creamed butter or cream cheese

Spread one slice of wheat bread with butter; top with slice of white. Butter and top with slice of wheat bread. Repeat, using white, wheat, white. Cover and refrigerate under a light weigh until butter is firm. Trim each stack of its crusts. Cut into half inch slices lengthwise. Butter cut side and restack, alternating whole wheat and white to form a checkerboard pattern. Wrap tightly and once more refrigerate, weighted. When butter is hard, slice in thin slices. These are delicate and must be kept cool; the checkered slices may be used as the top of a filled tea sandwich.

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FILLINGS AND TOPPINGS

These may be used for tea sandwiches or tiny cream puffs as well as toppings for slices of cucumber, zucchini, or as celery stuffing.

1. Mix 6 oz. cream cheese, 2 T milk and ½ cup crumbled bacon
2. 4 oz. blue cheese, 8 oz. cream cheese, 2 T butter, 2 T brandy, chopped nuts
3. ½ cup butter, 4 oz. cream cheese, 2 oz. goat cheese, ½ cup minced parsley
4. 4 oz. mushrooms, chopped, and 2 whole scallions, minced, sauteed in 1 T butter; cool and blend with 3 oz. cream cheese and 1 T yogurt or sour cream
5. 1 cup ground ham, ¼ cup mayonnaise, ¼ cup yogurt or sour cream, ½ t mustard, 2 T minced scallion or pickle relish
6. 2 cups cooked chicken, ¼ cup butter, 3 T dry sherry, 1 t lemon juice, 2 T or more minced onion, salt and tabasco to taste -- Process to consistency of pate
7. 1½ cups cooked seafood (shrimp, crab, tuna, salmon), 1 hard-cooked egg, chopped fine, ⅓ cup minced celery, 3 T minced scallion, ¼ cup mayonnaise, 1 t lemon juice, salt, pepper, tarragon to taste

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SANDWICH FILLINGS TO YOUR TASTE

1. Cream cheese with drained grated cucumber, minced onion, salt
2. Cream cheese, chopped peanuts, lemon juice
3. Cream cheese, chopped ham, chopped hard-cooked egg, relish or mustard
4. Cream cheese, chopped stuffed olives, minced pecans
5. Grated cheddar, crumbled crisp bacon, mayonnaise, mustard
6. Chopped salad shrimp, chopped hard-cooked egg, cream cheese, chili sauce, horseradish
7. Chopped hard-cooked egg, minced scallion, minced red and/or green pepper, mayonnaise
8. Cream cheese, minced uncooked prunes, minced walnuts, dash of cinnamon and honey
9. Chopped dried figs marinated in orange-flavored liqueur, cream cheese, minced nuts

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OPEN-FACE SANDWICH SUGGESTIONS

For open-face sandwiches, spread bread first with mixture of 2 parts butter to 1 part mayonnaise. This helps prevent sogginess.

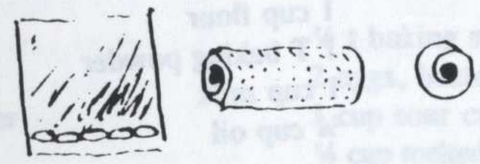
1. Thinly sliced tomato topped with minced crisp bacon
2. Chicken salad topped with cranberry sauce cut-out or 1 t whole berry sauce
3. Thinly sliced radishes
4. Cream cheese and crushed pineapple sprinkled with minced pecans
5. Cream cheese and minced watercress topped with sprig of watercress
6. Cream cheese and blue cheese with dash of worcestershire with pecan half
7. Curried chicken salad with chopped peanuts or coconut bits
8. Cream cheese, minced dried beef, and horseradish topped with dill pickle slice
9. Deviled ham topped with minced celery and green pepper
10. Cream cheese topped with pepper jelly

>> MORE ON NEXT PAGE !! <<

ROLLED SANDWICHES

WATERCRESS

Trim crusts from slices of white bread. Roll with rolling pin to flatten slightly. Spread with cream cheese or mixture of cheese and mayonnaise. Place sprigs of watercress, leave extending out, on one edge and roll up. Continue. Cover with damp towel and refrigerate. cut each roll in half and serve.



CURRIED HOLIDAY ROLLS

Cook 1 package frozen peas in ¼ cup water until tender. Drain, cool and puree. Add a dash of curry powder, onion salt, and pepper. Stir in mayonnaise to blend and lemon juice to your taste. Cut unsliced bread horizontally into ⅜ to ½" slices; remove crusts; roll to flatten. Spread with pea mixture. Arrange stuffed olives on one short side of bread; roll up and fasten with toothpicks. Cover with damp towel and refrigerate. Just before serving slice in ½" rounds -- the olives will be centered in a green and white spiral.

APPLE PANCAKES

¾ cup flour, sifted
½ t salt
1 t baking powder
½ cup sugar
2 eggs
⅔ cup milk
⅓ cup water
½ t grated lemon rind
1 T lard
1 T butter
1-2 apples, peeled and sliced thinly

Sift flour with salt, baking powder and sugar. Beat eggs and add milk, water, and lemon rind. Combine with dry ingredients. Heat a heavy iron skillet. Melt half the lard and butter; sprinkle liberally with sugar. Pour in half the batter and top with thin slices of apple. When bottom is browned, strew with sugar, turn, and finish cooking. Repeat with second portion. Sprinkle if desired with rum for extra flavor. Yield: 2 large pancakes

CORN PANCAKES BY CRAIG

½ cup cornmeal
1 T sugar
½ t salt
1 cup water
2 eggs, separated
1 cup flour
1 T baking powder
1 cup milk
¼ cup oil

Mix cornmeal, salt, sugar, and water in saucepan. Bring to boil and cook for 2 minutes, stirring. Allow to cool. Stir in egg yolks, beaten with milk. Sift flour with baking powder and stir in. Add oil. Whip egg whites and fold into batter. Bake on greased griddle. Yield: 12

CHEESECAKE PANCAKES

1 cup sour cream
1 cup small curd cottage cheese
¾ cup flour
1½ t sugar
2 t vanilla
4 eggs, separated

Combine sour cream, cottage cheese, flour, sugar and egg yolks, beating thoroughly to blend. Whip egg whites and fold into first mixture. Bake on greased griddle. Be careful to spoon mixture from bottom of bowl since it separates easily. Serve with hot syrup. Yield: about 20

SOUR CREAM - APPLE MUFFINS

TOPPING:
¼ cup flour
3 T sugar
¼ t cinnamon
½ cup walnuts, chopped
2 T butter or margarine

MUFFINS:
1½ cups flour
½ cup sugar
2 t baking powder
1 t cinnamon
¼ t allspice
¼ t baking soda
2 eggs, beaten
1 cup sour cream
¼ cup melted butter or margarine
1 cup apple, unpeeled and diced

For topping, blend flour, sugar and cinnamon; add butter and walnuts, mixing to crumb stage. This may be made in processor, if desired. For muffins, mix dry ingredients thoroughly. Blend together the eggs, sour cream, and butter.

Stir in the apples and mix into dry ingredients, mixing only until moistened. Spoon into greased muffin tins or paper liners and cover with topping. Bake at 375° for 20 minutes or until lightly brown. Yield: 18 muffins

ONION SHORTCAKE

1 large sweet onion, thinly sliced
½ cup butter or margarine
1½ cups corn muffin mix
1 egg, beaten
⅓ cup milk
2 drops tabasco
1 1-lb. can cream-style corn
1 cup sour cream
½ t each dill and salt
1 cup sharp cheese, grated or cubed

Saute onion in butter until light yellow. Combine muffin mix, egg, milk, tabasco and corn; pour into greased 8x8" or 7x11" baking pan. Combine sauteed onions with sour cream, salt and dill; add half the cheese. Spread over corn layer and sprinkle with remaining cheese. Bake in preheated 425° oven for 25-30 minutes. Cut in squares and serve warm.

BANANA BRAN MUFFINS

1⅓ cups bran cereal (not flakes)
1 cup mashed banana (about 3 medium)
6 T oil
⅓ cup honey
¼ cup molasses
1 egg
1 t lemon juice
1 cup + 2 T flour
1¼ t baking powder
½ t cinnamon
½ t baking soda
½ t salt
½ cup dates, chopped

Mix first seven ingredients in small bowl. Sift together dry ingredients; make well in center and stir in bran mixture just until blended. Add dates. Do not overmix. Spoon into greased muffin pans or paper liners. Bake in preheated 400° oven for 20-25 minutes. Yield: 14-16 2" muffins

LEMON MUFFINS

1¾ cups flour
¾ cup sugar
1 T grated lemon peel
1 t baking powder
¾ t baking soda
¼ t salt
1 8-oz. carton lemon yogurt
6 T butter, softened
1 egg, beaten
1 T lemon juice

Mix dry ingredients thoroughly in large bowl. Combine remaining ingredients, blending well. Pour into dry mixture, stirring only until moistened. Batter will be fluffy. Spoon into muffin liners, filling ⅔ full. Bake in preheated 400° oven for 20 minutes. These may be glazed by cooking together ⅓ cup lemon juice, ¼ cup sugar, and 2 t grated lemon rind. Pierce warm muffins with toothpick and spoon glaze over. Yield: 12 2" muffins

HELEN'S BLUEBERRY MUFFINS

2 cups flour, sifted
4 t baking powder
½ t salt
½ cup sugar
4 T butter, melted
2 eggs, beaten
1 cup milk
1 cup blueberries

Take out and reserve 3 T flour to dust blueberries. Sift remainder of flour with dry ingredients. Add egg and butter to milk; stir into dry ingredients. Dust blueberries with flour and fold into batter. Add extra blueberries, if desired. fill greased tins or paper liners ⅔ full. Bake at 400° for 25 minutes. May be frozen. Yield: 15-18 muffins

SPICY BLUEBERRY MUFFINS

⅔ cup shortening
3 eggs
1 cup sugar
1 cup milk
1½ cups blueberries
3 cups flour
3 t baking powder
1 t salt
½ t cinnamon
dash each cloves and nutmeg

Cream together shortening, sugar and eggs. Sift dry ingredients and add alternately with milk to creamed mixture. Fold in berries. Spoon into paper cups; sprinkle with dash of cinnamon sugar. Bake at 400° of 20-25 minutes. This dough will keep several days in refrigerator; cupcakes may be frozen before baking by wrapping pan and all in plastic bag. Put into oven frozen and allow a few more minutes baking time. Yield: 24 2" muffins

CORN CAKE

1½ cups flour
½ cup cornmeal
¼ cup sugar
1 t baking powder
½ t salt
1 cup milk
⅓ cup margarine, melted
2 eggs, beaten

Combine dry ingredients thoroughly. Add milk, shortening, and eggs; mix well. Pour into greased 9 x 9" pan. Bake in preheated 400° oven for 25-30 minutes or until golden brown.

GRANOLA

3 cups rolled oats (not instant)
½ cup wheat germ
¼ cup coconut
¼ cup brown sugar
½ cup sesame seeds
¼ cup salad oil
¼ - ½ cup honey
¼ cup dried milk
* raisins and/or almond slices

Mix all ingredients together except oil and honey; combine those and drizzle over dry ingredients, stirring well. Put on jelly roll pan or in roaster and bake in 300° oven for 15-20 minutes, stirring several times. * If using raisins, stir in at last few minutes of baking time. Cool. Keep in tightly covered jar. Use as cereal or cereal supplement; sprinkle over yogurt, ice cream, or as you wish.

HOMEMADE GRANOLA BARS

2 cups rolled oats (not instant)
1' cups whole wheat flour
1 cup fruit juice (apple, cherry, etc.)
¼ cup wheat germ
1 - 1½ cups chopped dried fruit (dates, apples, apricots, raisins)
¾ t cinnamon
½ t salt
½ cup salad oil
¼ cup sesame seeds
½ cup slivered almonds
3 T honey

Combine all ingredients well. Press into greased 9x13 pan. Sprinkle with cinnamon sugar. Bake at 325° for 30 minutes. Cut while warm, but cool in pan. These may be topped with chocolate chips upon removal from oven; when melted, spread for frosting. Keep covered and refrigerated for up to one week.

TOAST AND MUFFIN TOPPERS

⅓ cup mixed dried fruit, finely chopped
1 T brandy, cognac, or rum
1 8 oz. package cream cheese
3 T milk
1 T lemon juice
¼ t allspice
¼ cup walnuts or pecans, finely chopped

Marinate fruit in liqueur. Combine the cheese, milk, juice, and spice. Stir in the fruits and nuts, blending well. Store covered and refrigerated for up to 1 week.

SWEET SPREADS FOR TOAST

1. ½ cup butter, 2 t brown sugar, ⅛ t cinnamon

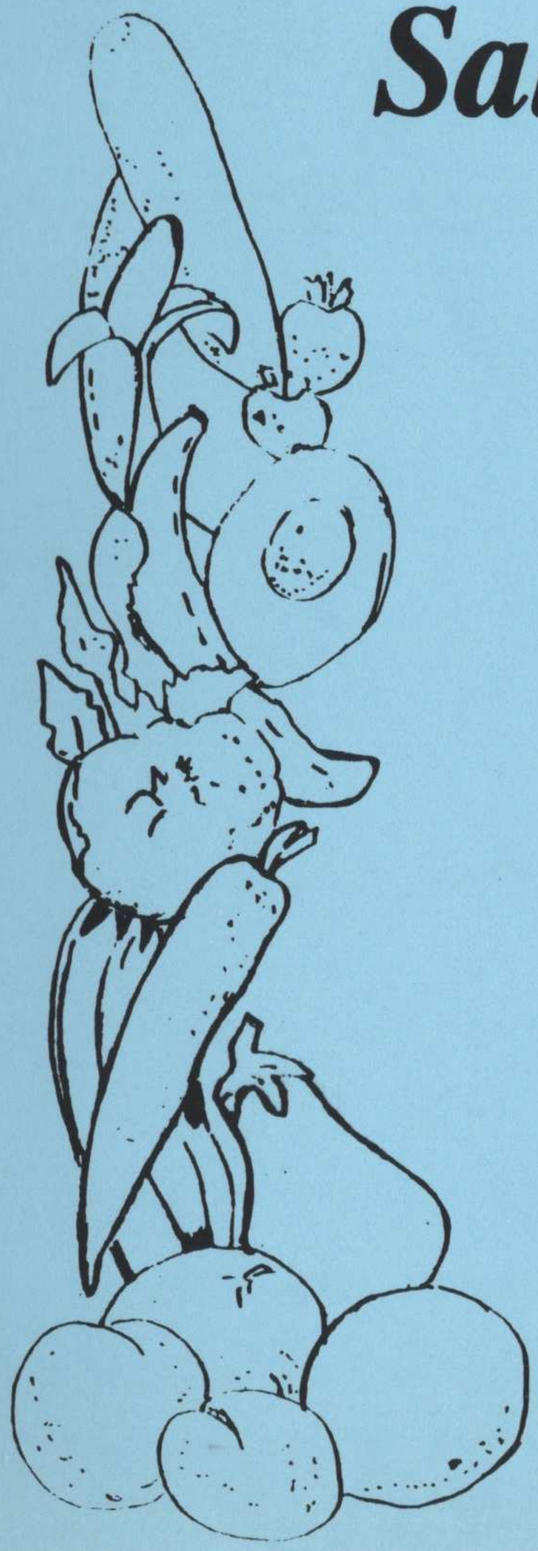
2. ½ cup butter, 2 T 10x sugar, 2 t bourbon, 1 t lemon juice, ¼ t grated rind

3. ½ cup butter, 1½ t honey, 1¼ T orange juice concentrate, ⅛ t grated orange rind

4. 3 oz. cream cheese, 1½ t sugar, 1 t orange liqueur, 2 T minced pecans

5. 8 oz. cream cheese, ⅓ cup chopped nuts, ⅓ cup raisins, 1 t honey, ⅛ t cinnamon

Salads



GERMAN POTATO SALAD (HOT)

10 medium boiling potatoes
2 medium onion, chopped
½ pound bacon, diced
2 T flour
4 T sugar
2 T butter
½ cup vinegar
1 cup water
salt & pepper to taste
1 cup sour cream

Boil unpeeled potatoes in salted water. Cool briefly, peel and idce. Add onion. Fry bacon and add remaining ingredients (except cream) in order. Bring to a boil. Remove from heat, add cream, and combine with potato mixture. Serve warm. Serves 8.

• CHICKEN FRUIT SALAD

3 cups cooked chicken, cubed
1 11-oz. can mandarin oranges, drained
1 8¾ oz. can pineapple tidbits, drained
1 cup seedless grapes, halved
1 cup celery, diced

Dressing:
2 T salad oil
2 T orange juice
2 T vinegar
1 t salt
¾ cup mayonnaise

Combine salad and dressing ingredients. Mix together, adding additional orange juice if mixture is too dry. Garnish with chopped toasted almonds.

• SEAFOOD PASTA SALAD

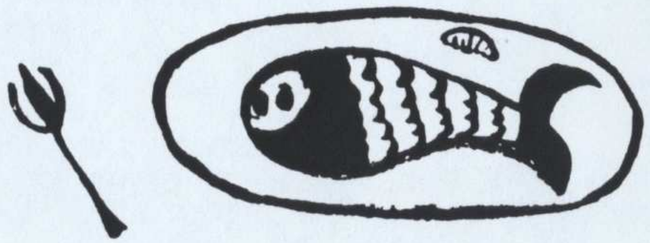
½ cup salad dressing
¼ cup Italian dressing
2 T grated Parmesan
2 cups corkscrew pasta, cooked and drained
¼ cup scallions, chopped
1½ cups crabmeat
1 cup broccoli florets, cooked crisp-tender
½ cup pepper, diced
½ cup tomato, chopped

Mix cheese with dressings. Combine salad ingredients; stir in dressing. Chill. Serves 4. Faux crab may be used; cut into bite size.

• SALMON SALAD SHELLS

14 jumbo macaroni shells
1 15-oz. can salmon, drained and flaked
½ cup mayonnaise
1 T prepared mustard
⅓ cup green or red pepper, chopped
¼ cup onion, chopped fine
¼ cup sweet pickle relish
2 t fresh lemon juice
¼ t each salt, pepper, tabasco
leaf lettuce

Cook pasta according to package direction, drain, rinse, cover, and chill. Combine remaining ingredients except lettuce, blending well. Cover and chill. To serve, tear lettuce into small pieces; line each shell with lettuce and fill with salmon mixture. Serves 4 - 6



• CRAB SALAD

2 cups elbow macaroni
½ pound crabmeat
3 stalks celery, with leaves, sliced
3 heaping T mayonnaise to moisten well

Cook macaroni according to package directions; drain and rinse. When cool, mix with celery, mayonnaise, and crab, well picked for shell. Cover and refrigerate until serving. This may be extnded with additional macaroni, and may be seasoned to taste. Serves 4 or more

• SALADE NICOISE

½ pound fresh tuna, cooked and chunked
8 small new potatoes, cooked and cubed
½ red onion, sliced thinly
Red peppers, peeled and cut in strips
Tomatoes, in wedges
Hard-cooked eggs, quartered (optional)

Dressing:
¼ cup red wine vinegar
¼ cup olive oil
salt and pepper to taste
2 T capers
3 T water

Arrange salad ingredients on bed of lettuce -- don't toss. Combine dressing ingredients and pour over. Garnish with anchovies. Serves 4

BAKED CHICKEN SALAD

2 cups chicken, cooked, diced
1 8-oz. can water chestnuts, sliced
1 2-oz. jar pimiento, chopped
¼ t celery salt
⅛ t pepper
1 t salt
2 T lemon juice
1 cup mayonnaise
1 cup celery, chopped
½ cup slivered almonds
½ cup canned fried onions
¾ cup cheddar cheese, grated

Mix together thoroughly all ingredients except onions and cheese. Spoon into casserole and top first with cheese, then onions. Bake at 350° for 30 minutes. May be mixed a day ahead. Serves 6. Recipe may be doubled and baked in a 9 x 13" pan. Double all ingredients, but increase onions to 2 cups.

• CHICKEN-WILD RICE SALAD

⅔ cup mayonnaise
⅓ cup milk
¼ t dried tarragon
2 T lemon juice
3 cups cooked chicken, cubed
3 cups cooked wild rice
⅓ cup scallions, thinly sliced
1 8-oz. can sliced water chestnuts, drained
½ t salt
⅛ t pepper
1 cup seedless grapes, halved
1 cup salted cashews OR almond slivers, toasted

Blend mayonnaise with milk, herbs, and lemon juice. In large bowl combine all other ingredients but grapes and cashews. Stir in mayonnaise mixture and blend to moisten. Cover and refrigerate for 2-3 hours. Add grapes and nuts just before serving. Serves 8

• JELLIED GAZPACHO SALAD

4 cups tomato juice
2½ T (packages) unflavored gelatine
2 t ground cumin
2 cloves garlic
2 T blanched almonds
1 T vinegar or lemon juice
1 T olive oil
1 t salt
dash of pepper
4 cups mixed vegetables, chopped (cucumber, celery, onion, green pepper)

Sour cream and chive garnish

Soften gelatine in ½ cup of the juice. Combine 1 cup of juice with cumin, garlic, and almonds in blender and process until smooth. Add vinegar, oil, salt and pepper and blend thoroughly. Heat this mixture; add softened gelatine and heat until gelatine is disssolved. Stir in remaining tomato juice; cool until thickened. Fold in vegetables; pour into mold and refrigerate several hours or overnight until fir. Serve garnished with sour cream and chive garnish if desired. Serves 8

• COUSCOUS SALAD

1½ cups water
3 T olive oil
⅛ t hot pepper flakes
slice of lemon
1 cup couscous
1 t minced garlic OR 1 scallion, minced
½ cup parsley, minced
½ cup red pepper (sweet), finely diced
2 T fresh lemon juice

Combine water, 2 T oil, pepper flakes, and lemon slice; bring to boil. Add couscous, stir, cover, and remove from heat. Let stand at least 5 minutes. Spoon into mixing bowl. removing lemon slice. Add garlic or scallion, parsely, pepper, remaining 1 T oil and lemon juice; blend well. Serve at room temperature or chilled. Serves 6

• JELLIED BEET SALAD

3 cups beets, chopped
½ cup sugar
1½ cups beet liquid
1½ T (packages) plain gelatine
½ cup cold water
2 T horseradish
¼ cup vinegar
1 T onion, minced
1½ t salt
1½ cups celery, diced

Combine beets, sugar, and vinegar; chill about 1 hour. Soak gelatine in cold water to soften. combine heet liquid and salt; heat to boiling. Dissolve gelatine in hot liquid; cool until syrupy. Fold into gelatine the beets, and remaining ingredients. Pour into 1½ quart mold. Chill until firm. Serves 8

• KENTUCKY SOUR SLAW

8 cups cabbage, finely shredded
2 carrots, shredded
½ cup onion, minced
½ cup green pepper, shredded (optional)
1 T plain gelatine
¼ cup water
⅔ cup vinegar
½ - ⅔ cup sugar
2 t celery salt
1½ t salt
¼ t pepper
⅔ cup oil

Mix together the cabbage, carrots, onion, and pepper. Soften gelatine in cold water. Combine vinegar, sugar and seasonings and bring to a boil. Dissolve gelatine in hot mixture. Cool until slightly thickened. Beat oil into mixture gradually. Pour over vegetables and toss. Store refrigerated up to 2 weeks.

COLE SLAW

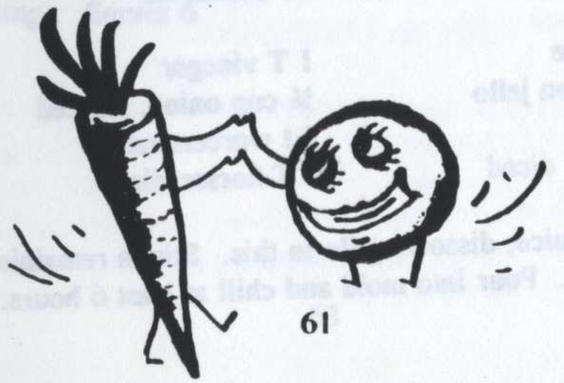
1 medium head cabbage, shredded
1 small green pepper, chopped or ground
1 small onion, chopped or ground
3 T sugar
3 T vinegar
1 t mustard
1 grated raw carrot (optional)
¾ cup mayonnaise
¼ cup sour cream
salt & pepper to taste

Combine vegetables. Blend together dressing and mix well. Chill before serving. Sprinkle with paprika for color.

• COPPER PENNIES

2 pounds carrots, sliced
1 small onion, finely chopped
1 medium bell pepper, finely chopped
3 ribs celery, finely chopped
1 can condensed tomato soup
1 cup sugar
¼ cup oil
¾ cup cider vinegar
1 T dry mustard
1 T worcestershire

Cook carrots in salted water just until crisp-tender; drain. Add the onion, pepper, and celery to the carrots. Mix together and bring to a boil the soup, sugar, oil, vinegar, mustard and worcestershire. Pour this hot mixture over the vegetables. Refrigerate overnight. Serve on lettuce. Serves 10 - 12



• CUCUMBER SALAD

2 large cucumbers, sliced very thin
1 onion, sliced thin (optional)
1 t salt
1 cup cold water

Dressing: ½ cup sugar ½ cup vinegar ½ cup water

Layer cucumbers and onions in a bowl. Combine salt and water; pour over and allow to stand for 1 hour. Drain thoroughly. Mix dressing ingredients and pour over cucumbers. Refrigerate for several hours before serving. Serves 6

• COTTAGE CHEESE - CUCUMBER SALAD

1 3-oz. package lime jello
½ cup boiling water
½ cup mayonnaise
1 cucumber, unpeeled, chopped fine
1 T vinegar
1 pound small curd cottage cheese
1 medium onion, chopped fine

Dissolve jello in boiling water. Stir in mayonnaise to blend, then other ingredients. Pour into fluted mold. Refrigerate until firm, about 2½ hours.

• MOLDED TOMATO ASPIC

1 ¾ cups tomato juice
1 3-oz. package lemon jello
¼ cup celery
¼ cup green pepper, diced
1 T vinegar
¼ cup onion, minced
1 t worcestershire
1 T horseradish

Heat ¾ cup tomato juice; dissolve jello in this. Stir in remaining juice and other ingredients. Pour into mold and chill at least 6 hours. Serves 6 - 8

PEA SALAD

2 packages frozen peas, thawed (not cooked)
½ cup scallions chopped, including tops
¼ cup sweet pepper, diced
1 cup celery, sliced
3 T slivered almonds, toasted
6 slices bacon, cooked and crumbled
freshly ground black pepper
Dressing: ½ cup each mayonnaise and sour cream

Mix together salad ingredients except for bacon. Combine mayonnaise and sour cream and toss. Serve on shredded greens; sprinkle with bacon.

CRUNCHY PEA SALAD

1 10-oz. package frozen petite peas, thawed
1 cup celery, chopped
¼ cup scallions, chopped
1 cup macadamia nuts, chopped
¼ cup bacon bits (real bacon)
1 cup sour cream
¼ cup French dressing
½ t salt

Optional: ¼ cup each sliced water chestnuts and/or avocado

Mix peas with French dressing. Add remaining ingredients, tossing to mix. May be made the day before and refrigerated (add avocado just before serving). Serves 6

SWEET PEA SALAD

1 ½ cups cooked long grain rice
1 cup frozen peas, thawed
¼ cup cheddar cheese, shredded
¼ cup mayonnaise
2 T onion, finely chopped
¼ cup chopped celery

Combine ingredients, stirring to coat with dressing. Serves 6

• THE BEAN THING

1 can each red kidney beans, pinto beans, chick peas, niblet corn
1 can each green beans and wax beans (optional)
½ to 1 cup each chopped scallions, green pepper, parsley, celery
¾ cup olive oil
1 clove garlic, crushed
freshly ground pepper
3 T vinegar
2 t salt
2 T chianti or dry red wine

Rinse and drain thoroughly the canned beans and corn. Combine with other vegetables and marinate in dressing made of oil, vinegar, garlic, salt, pepper, and wine. Serves 10 - 12

BEAN SALAD WITH VINAIGRETTE

1 19-oz. can cannellini beans OR other beans
2 cups seeded chopped tomatoes (2 medium)
⅛ cup scallions, sliced
¼ cup parsley, chopped

Dressing: 1 cup oil
½ cup Dijon mustard
dash of salt and pepper
½ cup red wine vinegar

Combine salad ingredients, tossing in salad bowl. Add dressing and toss again. May be served over shredded lettuce. Dressing, once mixed, should be refrigerated. Serves 7

• MEXICAN BEAN SALAD

1 cup pasta, cooked al dente, drained and rinsed
1 #1 can kidney beans
1 cup celery, sliced
½ cup or more green OR red pepper, diced
½ cup or more sliced black olives
½ envelope chili mix
2 T catsup
1 - 2 T vinegar
½ cup mayonnaise
Avocado and tomatoes for garnish

Mix together first 5 ingredients. Combine chili mix with catsup, vinegar, and mayonnaise, and toss with salad. Refrigerate for several hours. Garnish and serve. Serves 6 - 8

APRICOT SALAD

1 can apricot halves
1 T lemon juice
1 T frozen orange juice concentrate
1 small jar strained apricots (baby food)
1 pkg. lemon gelatine
3 oz. cream cheese
½ cup nuts, chopped

Drain apricots, reserving juice. Mix juices and strained apricots together with enough water to yield 2 cups; bring to boil and stir in gelatine to dissolve. Cool. Mix together the cream cheese and nuts. Fill centers of drained apricots with this and place in individual molds. Pour over the gelatine mixture; chill. Serves 6

STRAWBERRY SALAD

2 small packages strawberry gelatine
2 cups boiling water
2 10-oz. pkgs. frozen sliced strawberries
1 1-lb. 14 oz. can crushed pineapple, drained
1 cup nuts, chopped
3 medium bananas, mashed
1 pint sour cream

Dissolve gelatine in boiling water. Gently stir in thawed strawberries with juice, pineapple, bananas, and nuts. Pour half in to 8x12 pan (or two smaller molds). Refrigerate until firm -- about 1½ hours. Spread with sour cream. Carefully spoon remainder of gelatine mixture over. Refrigerate until set. Serves 12

• CORONADO SALAD

1 3-oz. package each lemon and lime gelatine
1½ cups hot liquid (juice from drained fruit plus water)
10 oz. small curd cottage cheese
1 16-oz. can crushed pineapple, drained
1 11-oz. can mandarin oranges, drained
1 cup half-and-half OR milk

Dissolve gelatine in hot liquid; add cottage cheese and stir until partially dissolved. Add milk and fruit. Chill until partially set. Stir and spoon into 9 x 13" pan. Refrigerate overnight. Serves 12

• FRESH FRUIT BOWL

2 cups watermelon, cubed
2 cups canteloupe, cubed
2 cups seedless green grapes
2 cups strawberries, hulled
2 cups fresh blueberries

Mandarin dressing:
1 cup mayonnaise
1 t grated orange rind
1 cup marshmallow cream
1 t grated ginger (opt)

Combine fruits in large bowl, tossing lightly. Mix dressing ingredients; combine with fruit. Cover and refrigerate until serving.

• GRILLED VEGETABLE SALAD

1 eggplant, sliced crosswise ¼" thick
1 red onion, sliced ¼" thick
mushrooms
2 zucchini, sliced ½" thick
1-2 red peppers, cut in strips

Dressing:
¼ cup each oil, vinegar, lemon juice, chicken broth
1 T Dijon mustard
1 t rosemary or fines herbes to taste
freshly ground pepper to taste

Brush vegetables with olive oil and grill, turning, until cooked and lightly browned. Arrange on platter and chill. Combine dressing ingredients and serve with vegetables. Variation: Sprinkle vegetables with ½ T basil. Bake in 425° oven for 10 - 15 minutes. Turn and continue baking another 10 minutes. Serve at room temperature as salad or vegetable.

CREAMY ROQUEFORT DRESSING

¾ cup salad oil
½ t garlic, minced
3-4 oz. blue cheese
2 T vinegar OR lemon juice
3 T cottage cheese
Salt and pepper to taste

Combine all ingredients in blender and process until smooth. Extra blue cheese may be crumbled into dressing, if desired. Yield: 1¼ cups

CREAMY FRENCH DRESSING

2 t salt
1 t white pepper
½ t black pepper
¼ t sugar
½ t dry mustard
1 t Dijon mustard
1 t lemon juice
2 t garlic, chopped
5 T tarragon vinegar
2-4 T olive oil
10-12 T salad oil
1 egg
½ cup cream

In a blender or processor mix seasonings and vinegar. Add oils, blending well. Process in the egg and cream. Cover and refrigerate. Yield: 2-2½ cups

SALAD DRESSING

1 egg, beaten
¼ cup lemon juice
1 cup salad oil
1 cup olive oil
⅛ cup Dijon mustard
1 t tarragon

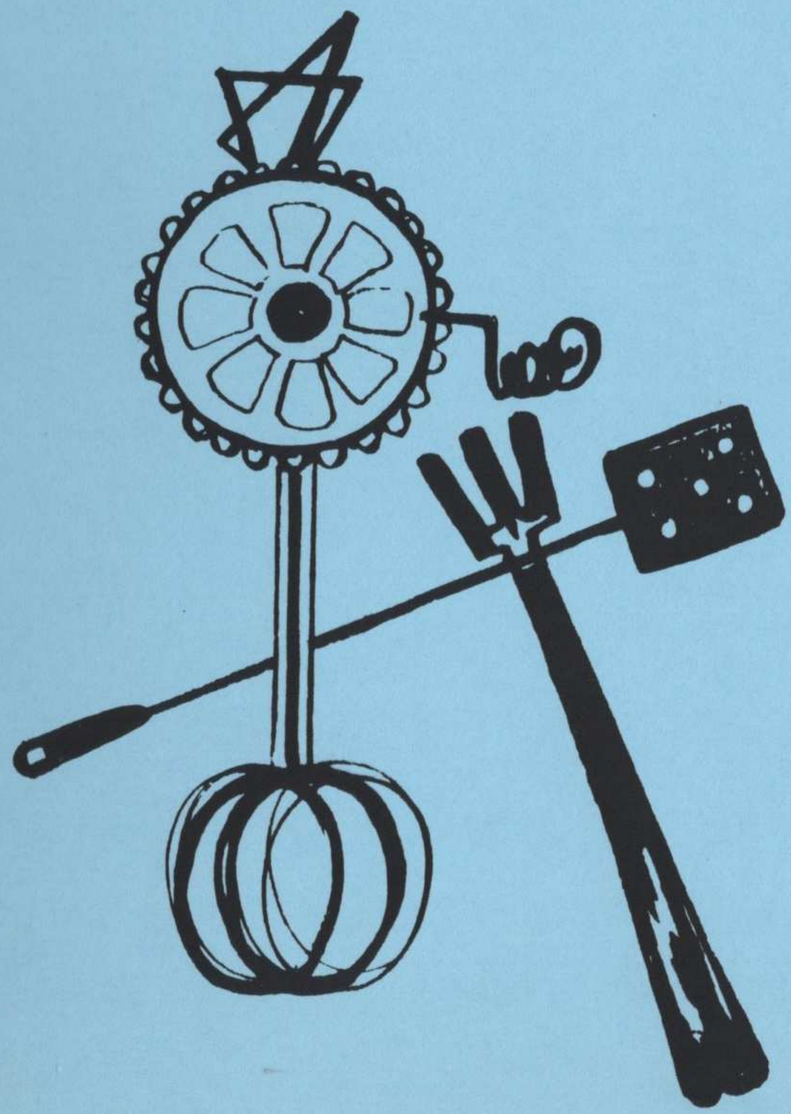
Into the egg, beat the mustard, lemon juice and tarragon. Gradually beat in the oils. Refrigerate. Yield: 2 cups

CREAMY ONION DRESSING

3 T onion, chopped
2 T balsamic vinegar
2 T white wine vinegar
OR lemon juice
¼ t white pepper
1 egg or egg substitute
½ t salt
1½ cups salad oil

Combine first 6 ingredients in blender; when smooth add ½ cup of the oil to emulsify. With blender on, slowly add final cup of oil. Refrigerate. Yield: 2 cups

Entrées



CADDY GANTY HALIBUT OR OTHER WHITEFISH

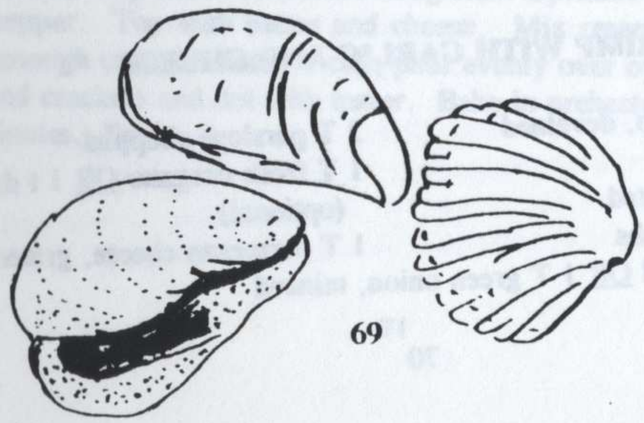
2 pounds halibut OR firm white fish
2 cups dry white wine
dry bread crumbs OR cracker crumbs, unseasoned
1 cup mayonnaise
½ cup sour cream
¼ cup minced onion

Marinate fish in white wine for 2 hours. Drain and blot dry. Dip in cracker crumbs and place in greased shallow baking dish. Cover with sauce made of remaining ingredients. Sprinkle with additional crumbs and dust with paprika. Bake at 500° for 10-15 minutes.

ORANGE ROUGHY WITH DILL SAUCE

Orange roughy filets
Salt, lemon juice, dill (fresh or dried)
Hollandaise sauce (mix or prepared)

Place filets in greased baking dish in single layer. Cover with waxed paper cut to dish dimensions, buttered side down. Bake in 350 ° oven for 15-20 minutes: do not overbake. Drain accumulated liquid into saucepan; add spoonful or more of hollandaise, additional lemon juice and dill, if desired, and 1 t cornstarch dissolved in ¼ cup water. Cook until it reaches the boil. Pour over fish and serve.



CRAB DISH

1 cup Pepperidge dressing
2 cans crab OR 1lb. fresh crab (lump)
1 cup light cream
1 cup mayonnaise
3 eggs, hard-cooked and chopped (optional)
1 T onion, minced
1 T parsley, minced

Mix all ingredients several hours before baking. Refrigerate. Bake in buttered casserole at 350° for 30 minutes. Serves 8

SCALLOPS WITH MUSHROOMS

½ cup butter, room temperature
1 cup mushrooms, thinly sliced
3 T shallots, minced
1 T garlic, minced
1 pound fresh bay scallops
½ cup fresh bread crumbs
½ cup fresh parsley, chopped
salt and pepper to taste

Melt ¼ cup of butter and add mushrooms. Cook, stirring often until mushrooms are wilted and give up their liquid. Add shallots and garlic. Cook briefly; spoon into a bowl and cool to lukewarm. Add half the remaining butter, scallops, bread crumbs, parsley and seasonings. Blend well. Spoon into 6 seafood shells or ramekins, arranged on a baking sheet. Dot with remaining butter. Bake in preheated 450° oven for 10 minutes; run under broiler for about a minute, or until nicely browned. Serves 6

SHRIMP WITH GARLIC AND CHEESE

1½ pounds shrimp, deveined
2 T lemon juice
½ cup butter, melted
½ cup bread crumbs
½ t garlic, minced OR 1 T green onion, minced
2 T parsley, chopped
1 T fresh oregano OR 1 t dried (optional)
1 T parmesan cheese, grated

Arrange shrimp on 9" buttered pie plate or shallow baking dish. Sprinkle with lemon juice. Combine crumbs with melted butter, garlic, parsley and oregano. Bake uncovered in 350° oven for 15 minutes. Sprinkle with cheese and broil several minutes to brown. Garnish with lemon and parsley.

SHRIMP SCRAMBLE

2 T butter or margarine
¼ cup onion, diced
¼ cup green pepper, diced
1 7-oz. can creamed corn
8 oz. cooked shrimp
1 large tomato, skinned, seeded, and diced

Melt butter in a 10" skillet and saute onion and green pepper until wilted. Add corn, shrimp, and tomato; cover and cook gently until mixture is hot - about 5 minutes.

OYSTER CRISP

1 pint oysters, drained with liquid reserved
⅛ t nutmeg
6 slices bacon, cooked and crumbled
1 cup swiss cheese, grated
Whipping cream
1½ cups OTC chowder crackers, coarsely chopped
2 T butter
salt and pepper to taste

Place drained oysters in buttered baking dish. Sprinkle with nutmeg, salt and pepper. Top with bacon and cheese. Mix reserved oyster liquid with enough cream to make 1 cup; pour evenly over oysters. Top with crushed crackers and dot with butter. Bake in preheated 400° oven for 20 minutes. Serves 4

PORK CHOPS GLORIA

8 pork chops
salt and pepper
1½ T butter
1 T flour
1 #2½ can tomatoes
½ cup brown sugar
1 cup white wine

Season pork chops and brown in butter. Add flour, tomatoes, sugar and wine. Cook slowly for 1½ hours on stovetop or at 350° in oven for 2 hours.

MARINADE FOR HAM

1 pound brown sugar
1 can crushed pineapple
½ cup butter
1 cup vinegar

Combine ingredients and cook until somewhat thickened. Pour while hot over ready-to-bake ham. Transfer to refrigerator for two or three days, basting occasionally. Bake ham as usual.

BARBECUED SPARERIBS

4 pounds spareribs
1 cup onions, sliced
1 cup ketchup
1 cup water
2 salt or to taste
2 T worcestershire sauce
¼ cup vinegar
¼ cup brown sugar
2 t dry mustard
1 t paprika

Trim spareribs and cut into serving pieces. Brown them in dutch oven. Combine all the remaining ingredients and pour over the ribs. Cover and bake in 350° oven for about 1¾ hours, basting several times. Remove cover and bake an additional 15 minutes. Serves 5-6

OVEN BEEF STEW

2 lbs. stewing beef, cut in 1½" cubes
2 medium onions, cut in eighths
3 stalks celery, sliced diagonally
4 medium carrots, halved crosswise and lengthwise
1 cup tomato juice
⅓ cup tapioca
1 T sugar
1 T salt
¼ t pepper
¼ t basil

2 medium red potatoes, in ¼" slices

Combine all ingredients except potatoes in 2½ quart casserole. Cover and bake in 300° oven for 2½ hours. Add potatoes, mixing in to distribute well. Return to oven and bake, uncovered for 1 hour. Stir occasionally. Serves 8

ROAST BEEF TENDERLOIN

4 to 6 pound beef tenderloin, trimmed
1 clove garlic, halved
¼ cup bacon drippings
8 to 10 mushroom caps sauteed in butter
6 ounces sliced fresh mushrooms, sauteed

Rub garlic over the surface of the meat. Place on a rack with narrow end tucked under to make even thickness. Brush with bacon fat. Bake in preheated 450° oven for 45-50 minutes or until internal temperature registers 140°. Baste with drippings during baking time as necessary. Let rest a few minutes before serving. Garnish with whole mushrooms and serve with sliced mushrooms.

OVEN BEEF BURGUNDY

2 pounds beef round, cut in 1½" cubes
1 T Kitchen Bouquet
½ cup cream of rice cereal
4 carrots, cut in eighths
2 cups onions, thinly sliced
1 cup celery, thinly sliced
1 clove garlic, minced
2 t salt
⅛ t each pepper, marjoram, thyme
1 cup dry red wine
1 6-oz. can sliced mushrooms with broth

After trimming beef of excess fat, place in 2½ quart baking casserole and toss with Kitchen Bouquet. Mix in cream of rice to distribute evenly. Add all the remaining ingredients and mix gently. Cover and bake in preheated 325° oven for about 2½ hours or until beef and vegetables are tender; stir every 30 minutes. Serve with boiled potatoes, rice, or noodles. Serves 6-7

HONEY CHILI

1 pound lean ground beef
½ cup onion, chopped
1 20-oz. can red kidney beans, drained
2 t chili powder
1 cup water
1 cup celery, diced
1 cup tomato puree
2 t salt
2 T vinegar
¼ cup honey

Cook meat in large pan, stirring until no longer pink. Add remaining ingredients (except vinegar and honey), mixing well. Bring to boil, cover and simmer for 1 hour. Stir in vinegar and honey. Two cloves garlic, minced, may be added with first ingredients and water may be replaced with tomato juice or liquid.

STUFFED CABBAGE ROLLS

1 head cabbage (savoy is best)
1 pound ground beef
½ pound ground pork OR sausage
3 cups rice, cooked
1 t sugar
1 onion, chopped
1 t salt
¼ t pepper
1 T butter or margarine
1 cup hot water
1 can tomato soup

Precook at least a dozen cabbage leaves in boiling salted water for 5-10 minutes. Drain and spread on towel to dry. Combine meats, rice, sugar, onion and seasonings. Put a half cup on a leaf (near the core end) and roll up, tucking in sides. Repeat until all has been used, placing finished rolls in baking pan. Dot tops with butter. Combine water and soup; pour over rolls. Bake at 350° for an hour. Serves 6. If cabbage has heavy vein, it may be trimmed after parboiling to make rolling easier. An extra leaf or two may be prepared in case on of the leaves needs "repair".

MEAT LOAF

2 pounds lean ground beef
2 cups breadcrumbs, moistened with milk
3 T catsup
salt & pepper to taste
2 eggs
2 T parsley, chopped
1 T onion, minced (optional)

Basting Sauce: 2 6-oz. cans tomato sauce
2 T green pepper, chopped
2 T onion, chopped
1 t vinegar
1 t sugar OR honey
dash of salt

Combine all meatloaf ingredients and mix well. Form into a loaf; brush with mustard of your choice. Bake at 375° for 1 hour. Combine sauce ingredients, bring to simmer and cook for 10 minutes. Pour over cooked meatloaf; return to oven for an additional 10 minutes. Serves 6-8

SINGAPORE SATAY (BEEF OR CHICKEN)

Marinade:

- 1 cup onions, finely chopped
- 2 t garlic, minced
- 4 T oil
- 3 T curry powder
- 2 T peanut butter
- 1 t lemon juice
- ¼ cup water
- 1 t sugar
- 1 t chili

Chicken or beef cut in thin strips (¼" or so)

Saute onions and garlic in oil until translucent. Add remaining ingredients, except meat, and bring to simmer. Cool. Marinate meat in half this mixture for at least 2 hours. Place accordion style on presoaked bamboo skewers. Broil until crisp and brown. Serve with dipping sauce

Dipping Sauce:

- ½ marinade from above
- 2 T peanut butter
- Juice of ½ lemon
- 1 T sugar
- salt to taste

Combine all ingredients and serve with meat. These may be made on toothpicks, broiled, and served with sauce as an appetizer.

STUFFED BELL PEPPERS

- ¼ pound lean ground beef
- 1 small onion, minced
- 4 soda crackers, crushed
- ¼ cup rice, partially cooked
- ¾ t salt
- ¼ t pepper
- 1 clove garlic, minced, <u>OR</u> garlic salt
- 4 green peppers
- 1 can tomato soup
- ½ cup water

Mix meat with onions, seasonings, cracker crumbs, and rice. Cut tops from peppers, removing seeds and cores and parboil for 5 minutes. Cool and fill with meat mixture; place in casserole. Mix with water and garlic; pour over peppers. Cover and bake at 350° for about 1 ¼ hours. Serves 4

BETTY'S CHICKEN DIVAN

- 6 chicken breasts, cooked and thinly sliced, <u>OR</u> equivalent amount turkey breast
- 4 packages frozen broccoli
- 4 cans cream of mushroom <u>OR</u> cream of chicken soup
- 2 cups mayonnaise
- 1 t curry powder
- 1 T lemon juice
- ¼ cup white wine <u>OR</u> cognac
- Herbed bread stuffing

Partially cook the broccoli; drain well and layer in 2 large greased casseroles. Cover with sliced chicken breast. combine soup, mayonnaise, curry, lemon juice and wine; pour over chicken. top with sprinkling of herbed stuffing mixed with a little melted butter. Bake at 350° for 30 minutes. This can be assembled a day ahead, refrigerated, and baked just before serving.

CHICKEN TETRAZZINI

3½ pound chicken
½ pound fine egg noodles
7 T butter
8 oz. mushrooms
½ cup flour
1 cup light cream
¼ cup dry sherry
salt and pepper to taste
1½ cups cheddar cheese, grated
paprika

Simmer chicken with 2 t salt in 2 quarts water. Cool and cut in bite sized pieces. Cook noodles in broth until barely al dente; drain, reserving broth for use in sauce. Saute sliced mushrooms in 3 T butter; set aside. Melt remaining butter, stir in flour, broth and cream. Cook until thickened. Add chicken, mushrooms, and sherry. Place noodles in greased baking dish, top with chicken mixture, seasoned to taste, and sprinkle with cheese. Dust with paprika. Bake at 450° for 15-20 minutes. May be assembled ahead and refrigerated; lengthen baking time accordingly.

CHICKEN BREASTS WITH SPINACH OR BROCCOLI

3 packages frozen spinach, thawed and drained, OR broccoli florets
4 whole chicken breasts, cooked, skinned, deboned
2 cans condensed cream of mushroom soup
1 cup mayonnaise
1 cup sour cream
1 T lemon juice
1 T curry powder or to taste
Topping: bread crumbs, grated cheese or almonds

In a greased baking dish layer the chosen vegetable. cover with the chicken. Blend the soup, mayonnaise, sour cream and seasonings and pour evenly over the casserole. Top with your choice: crumbs, cheese or slivered almonds. Bake at 350° until bubbly. Freezes well.
Serves 8

CHICKEN CASSEROLE

8 oz. wide noodles
1 2½-3½ pound chicken, cooked in seasoned broth
1 can cream of mushroom soup
½ pound sharp cheddar, grated
8 oz. mushrooms, sliced
commercial dry dressing, crushed

Cook chicken in broth; drain, reserving liquid. Cook noodles for about 8 minutes. Drain. In a lightly greased casserole layer half the noodles, half the deboned chicken, half the soup and half the cheese. Sprinkle with crushed dry dressing. Repeat. Pour over the reserved broth to reach within 1" of the top. Bake at 350° until hot and slightly brown.

SPECIAL CHICKEN

2 cups or more diced cooked chicken
½ cup pimento strips (4 oz. jar)
3 cups celery, sliced
½ cup toasted almond pieces
2 cups grated cheese (your favorite)
2 cups mayonnaise
1 t onion, minced
1 T lemon juice
½ t poultry seasoning
½ cup milk
black pepper
cayenne to taste

Mix mayonnaise with onion, lemon juice, milk, and seasonings. Add all other ingredients, and place in lightly greased baking dish. Sprinkle with chinese noodles. Bake at 350° for 25 minutes.

** TERIYAKI CHICKEN WINGS

⅓ cup lemon juice
¼ cup soy sauce
¼ cup oil
3 T chili sauce
2 cloves garlic, minced
¼ t pepper
3 pounds chicken wings

Remove wing tips (save for making stock) and place wings in shallow casserole. Combine other ingredients and pour over wings. Cover and refrigerate at least four hours or overnight, turning occasionally. Drain, saving marinade. Place wings on broiler rack and broil for 10 minutes on each side or until tender, brushing with reserved marinade. These may be frozen after cooking. To reheat, remove wrapping and bake at 375° for 15 minutes or until hot. Use as appetizer or entree.

CHICKEN BREASTS

6 whole large chicken breasts, skinned, boned and halved
2 oz. dried chipped beef, shredded well
6 slices bacon, halved
1 can cream of mushroom soup
1 pint (16 oz.) sour cream <u>OR</u> sour half-and-half

Line a buttered casserole with chipped beef; place breasts in single layer over beef. Partially precook bacon until limp. Drain and place a half slice on each chicken breast. Mix soup and sour cream and cover chicken with this sauce. Bake in 250°-300° oven about 3 hours, or until casserole is lightly browned and covered with thick rich gravy. Serve with rice. Serves 12

CHICKEN SAUTE

1 broiler/fryer, cut up (2½ pounds)
2 T butter or margarine
¾ t leaf rosemary, crumbled
½ t lemon pepper seasoning
½ cup dry white wine

Rinse and dry chicken pieces. Melt shortening and brown chicken pieces well. Sprinkle with seasonings; pour wine over all. Cover and simmer about 20 minutes or until chicken is tender. Uncover and simmer a few minutes longer to thicken sauce. Serves 4.

BAY CHICKEN PICCATA

2 whole skinless, boneless chicken breasts, halved
1 T flour, seasoned with salt and pepper
¼ cup butter
2 T oil
4 slices lemon, peeled and seeded
2 T capers, drained
½ cup dry white wine

Flatten the chicken breasts between sheets of wax paper to ¼" thickness. Dredge with seasoned flour. Heat the butter and oil in a skillet and cook chicken, turning once about 2 minutes per side or until golden. Add wine, capers, and lemon slices; swirl to cook until sauce is slightly thickened. Adjust seasoning to taste. Serves 4

• INDIAN CHICKEN

2 T olive oil
½ cup onion, finely chopped
2 cloves garlic, minced
2 T curry powder
¾ t salt or salt substitute
3 pounds chicken breasts, skinned and boned
1¼ cups chicken broth
4 small white onions
2 T sliced toasted almonds

Heat oil and saute chopped onions for 5 minutes. Mix in garlic, curry and salt. Add chicken, browning on each side. Add broth and pearl onions. Cook over low heat for about 45 minutes or until tender. Sprinkle with almonds; serve over rice. Serves 4

VINEYARD CHICKEN

8 chicken thighs
1 cup white wine
1 T lemon juice
½ t paprika
¼ cup butter, melted
¼ cup green onions, chopped
salt and pepper to taste
¼ cup parsley, chopped

Remove skin from chicken and place in an ovenware casserole. Combine all other ingredients; pour over chicken. Cover with foil. Bake at 325° for 40 minutes; remove foil, increase temperature to 375° and bake uncovered for 20 minutes. Serve with pilaf or wild rice. Mushrooms may be added at your option. Serves 4

CHICKEN PICCATA

2 chicken breasts, skinned, boned and flattened
1 t salt
1 clove garlic, minced
pepper to taste
¼ t sweet paprika
½ cup flour
7 T butter
1 T olive oil
8 oz. mushroom caps, sliced thinly
1 shallot, finely chopped
2 T lemon juice
½ cup dry white wine
3 T parsley, minced
½ lemon, sliced thinly

Pound the chicken between sheets of waxed paper or plastic wrap to ½" thick. Sprinkle with salt, pepper, and paprika; dredge in flour. Melt 4 T butter with olive oil; add garlic and shallot, cooking just until opaque. Add chicken breasts and saute for about two minutes on a side. Remove and keep warm. Add remaining butter to skillet and saute mushrooms for several minutes. Return chicken to skillet; stir in lemon juice and wine. Simmer, covered, for about 10 minutes. Sauce may be thinned with additional wine. Remove to serving dish and garnish with parsley and lemon slices.. Serves 4

Casseroles

HAM AND TURKEY PIE

Pastry for 2-crust pie
3 T oil
1 medium onion, sliced
3 carrots, pared and sliced
¾ t thyme
¼ t basil
½ lb. mushrooms, sliced
1 t salt
¼ t pepper
3 T flour
½ cup chicken broth
¾ cup white wine
3 cups turkey, diced
¼ pound ham, sliced
1 egg, slightly beaten

Saute onion, carrots, thyme, basil, and mushrooms in oil for about 10 minutes, or until golden. Remove from heat and mix in salt, pepper, and flour. Stir in broth and wine; return to heat and bring to boil, stirring. Simmer for 5 minutes; stir in turkey. Roll out and fit pastry in 9" pie pan. Line with slices of ham. Roll out remaining pastry; after filling pie with turkey mixture, put in place. Fold edges to seal well and make several gashes for steam vents. Brush with half the beaten egg. Bake in preheated 375° oven for 25 minutes; brush with remaining egg and bake an additional 25 minutes. Serve warm or cold. Serves 8

SPINACH AND HAM MOLD

4 bunches fresh spinach OR
4 boxes frozen
¼ pound chopped ham
3 eggs
pinch of nutmeg
3 T cheese, grated
1 large onion, finely chopped
1 T parsley, minced
bread crumbs
1 cup thick white sauce (below)

Wash and cook spinach; drain well and chop fine. Cook onion in butter until soft, but not brown. Mix all ingredients together and place in buttered tube mold. Place in a water bath, top with bread crumbs, and bake at 350° for 1 hour. White sauce ingredients: 1 T butter, 3 T flour cooked together; add 1 cup milk and cook until thickened.

CHEESE - BROCCOLI - HAM STRATA

1 10-oz. box frozen broccoli
12 slices white bread
¾ lb. sharp cheddar cheese
2 cups diced cooked ham
6 eggs, slightly beaten
3½ cups milk
2 T instant minced onion
½ t salt
¼ t dry mustard

Cook and drain broccoli. With doughnut cutter, cut doughnuts and holes from bread slices and reserve. Remove crusts from scraps and fit the scraps into the bottom of lightly greased 9x13 baking pan. Layer in the cheese, broccoli, and ham. Arrange the doughnuts and holes over the top. Mix remaining ingredients and pour over the top. Cover and refrigerate at least 6 hours or overnight. Bake, uncovered, at 325° for 55 minutes.

HAM STRATA

12 slices white bread, buttered with crusts removed
¼ lb american cheese, grated
½ lb ground ham
4 eggs, well-beaten
2½ cups milk
½ t salt

Lightly grease a baking dish and put 6 slices of the bread flat, buttered side up, to line the bottom. Sprinkle with the cheese; then layer the ground ham over. Cover with the remaining bread, buttered side up. Combine the eggs, milk and salt and pour evenly over. Cover and refrigerate overnight. Bake at 300° for 1 hour. Serve with sauce, if desired: heat together 1 can mushroom soup, 2 chopped hardboiled eggs, and 2 T chopped pimento. Serves 8

CHICKEN SPAGHETTI FOR A CROWD

2 medium sized hens, cooked and diced (1")
2 pounds spaghetti
2 #2 cans tomatoes
2 or 3 cans mushrooms
2 large onions, chopped
2 cloves garlic, minced
1 t A-1 sauce
1 t worcestershire sauce
1 T chili powder
1 T oil
½ lb cheese, grated
salt and pepper

Cook spaghetti for about 10 minutes, drain thoroughly. Saute the onions and garlic in oil for about 10 minutes. Combine all ingredients well and place in large roaster or divide into smaller casseroles. Bake at 300° for 1½ hours, adding broth from chicken as needed. Cover with cheese and bake 30 minutes longer.

CHICKEN OR CRAB SOUFFLE

8 slices white bread, crusts removed
8 slices sharp old English cheese
2 breasts of chicken, cooked and sliced, OR 2 packages frozen crabmeat, thawed *
6 eggs, beaten
3 cups milk
½ t each dry mustard, salt, pepper, curry
½ cup butter, melted
3 cups Special K cereal

In a greased 9x13 pan, layer the bread, cheese, and chicken. Combine the eggs, milk and seasonings and pour over. Cover and refrigerate overnight. Mix the butter and cereal and sprinkle over the casserole. Bake at 350° for 1 hour. Guests should be seated; this casserole deflates rapidly; taste is not affected, but eye appeal is lessened. May be frozen and reheated. Serves 8

* Instead of layering the crab, combine it with the egg mixture. Amount of crab can vary, but use real crabmeat.

CHEESE PUDDING SOUFFLE

9 slices stale bread
1½ t onion, minced
1 lb sharp cheddar, grated
4 eggs
3 cups milk
1 t dry mustard
1 t worcestershire
salt and pepper

Cut each slice of bread into 3 strips. Fit 9 of the strips tightly into the bottom of a greased 2-quart casserole. Sprinkle with ⅓ of the onion, then ⅓ of the cheese. Repeat with bread, onion, cheese twice. Press down. Beat eggs and add milk, mustard, worcestershire, and seasonings. Pour over evenly; cover and refrigerate overnight. Remove from refrigerator two hours before serving; one hour before, pre-heat oven to 325° and bake for 50-60 minutes or until firm in center.

CHEESE PUDDING

10 slices sandwich bread, crusts removed
butter
½ lb cheese, grated
3 eggs, beaten
1 t salt
2 cups milk

Butter bread and cut in cubes. Place in buttered baking dish alternately with grated cheese. Mix eggs with milk and salt; pour over evenly. Cover and let stand in refrigerator for at least 3 hours or overnight. Bake at 275° for 45 minutes. Serves 6

Variation: Precook sausage, drain and crumble to line the casserole before adding other ingredients.

NANCY'S QUICHE

1 9" pie crust, unbaked
¾ lb bacon, cut in 1" pieces, cooked, drained
1 cup swiss cheese, grated coarsely
3 eggs, well beaten
½ t salt
dash pepper
¾ cup cream

Combine all ingredients and pour into pastry shell. Bake at 375° for 35 minutes or until custard is firm and pastry is brown. Variations: Add chopped spinach, mushrooms, lightly sauteed onion or leeks to the above.

SCOTCH WOODCOCK

4 slices white bread, toasted
Anchovy paste
¼ cup butter or margarine
6 egg yolks
1 cup heavy cream
½ t salt
1 t white pepper
chopped parsley

Spread each slice of toast with anchovy paste. Cut into 3 or 4 fingers. Melt butter in top of double boiler. Beat together the yolks, cream, salt and pepper. Add to hot butter and cook, stirring, until creamy. Arrange toast on hot plate and cover with egg mixture. Garnish with parsley and serve immediately. Serves 4

BRUNCH PIE

2 15-oz. cans corned beef hash
3 eggs
3 T margarine
½ cup onion, chopped
1 cup cheddar, grated
1 16-oz. can mixed vegetables, drained
½ cup evaporated milk
1 T flour
½ t dry mustard
dash garlic powder and pepper

Mix hash with 1 beaten egg and press into bottom and sides of 9" pie pan. Bake at 375° for 10 minutes. Saute onion in margarine; layer cheese, onion, and vegetables in crust. Combine remaining eggs and other ingredients and pour over. Bake at 350° for 30-40 minutes.

CALIFORNIA CASSEROLE

1 lb ground beef (round or sirloin)
1 T oil
1 clove garlic, minced
1 large onion, chopped fine
1 green pepper, chopped
1 T chili powder
1 T worcestershire
Tabasco, salt and pepper
1 1-lb. can plum tomatoes
1 1-lb. can kidney beans
¾ cup uncooked rice
4 T stuffed olives, chopped
¾ cup cheese, grated

Cook meat in oil until lightly browned. Add garlic, onion, pepper and chili; cook about five minutes, or until vegetables are wilted. Add remaining ingredients, except olives and cheese. Put in greased 2-qt. casserole. Bake uncovered in 350° oven for 45 minutes. Sprinkle with olives and cheese, return to oven and bake an additional 15 minutes. Serves 8

QUICHE WITH HAMBURGER

1 9" unbaked pastry shell
½ lb lean hamburger
1 cup onion, sliced thinly
1 T butter
3 T flour
1 t salt
¼ t pepper
2 cups milk
2 eggs, beaten
1 t worcestershire
2 cups cheddar, shredded

Melt butter and saute meat and onion until onion is soft. Add flour and seasonings and blend. Beat together the eggs, milk, and worcestershire. Combine with meat and add half the cheese. Pour into shell; sprinkle remaining cheese evenly over the top. Bake in preheated 425° oven for 20-25 minutes or until set. Let rest for 10-15 minutes before serving. Serves 6

SPINACH - HAM - CHEESE CASSEROLE

¼ lb mushrooms, sliced
1 medium zucchini, sliced
1 green pepper, diced
3 T olive oil
1 cup ham, cut ½" dice
1 15-oz. carton Ricotta
1 cup shredded mozzarella
3 eggs, well beaten
1 10-oz. box frozen chopped spinach, thawed
1½ t dill
½ t salt
⅛ t each pepper and nutmeg

Heat the oil and saute the mushrooms, zucchini and peppers until light brown. Combine with remaining ingredients. Place in greased 10" pan or casserole. Bake at 350° for 45 minutes, or until center tests done. Serves 4-6

SPINACH LASAGNA

1 package spaghetti sauce mix
1 6-oz. can tomato paste
1 8-oz. can tomato sauce
1¾ cups water
2 eggs
1 15-oz. carton ricotta OR
1 lb creamed cottage cheese
½ t salt
1 package frozen chopped spinach, thawed and drained
½ cup grated parmesan
½ lb. mozzarella, sliced
½ lb. lasagna noodles, broken

Mix spaghetti sauce mix with tomato paste, sauce, and water. Heat until well blended. Mix ricotta with beaten eggs, spinach, salt and ¼ cup parmesan. Precook the noodles in boiling salted water; drain. Grease the bottom of a 9x13 baking dish; cover with a portion of the sauce. Layer with half the noodles, half the cheese-spinach mixture, and half the remaining sauce. Repeat the layers. Sprinkle with the remaining parmesan. Cover with foil, lightly greased, and bake at 350° for 60 minutes. Let stand 10 minutes before serving. Serves 8

SHRIMP AND BROCCOLI CASSEROLE

1 lb. broccoli, cut bite-size
½ cup mayonnaise
1½ t lemon juice
1 can cream of mushroom soup
1 lb. shrimp, shelled and deveined
1 t curry powder
1 cup cheddar cheese, grated

Partially cook broccoli in boiling salted water; drain. Place shrimp in boiling water just until they turn pink; drain. Arrange shrimp and broccoli in greased casserole. Mix together mayonnaise, soup, lemon juice, and curry; pour evenly over top and sprinkle with cheese. Cover and bake at 350° for 30 minutes.

EGG CASSEROLE

¼ cup butter
¼ cup flour
2½ cups milk
¼ t thyme
¼ t marjoram
1 lb. cheddar, grated
24 hard-boiled eggs, sliced
1 lb. bacon, fried
½ cup parsley, snipped

Melt butter; stir in flour and cook for a few minutes. Off heat, add milk gradually, stirring constantly. On heat, stir in herbs and cheese, stirring until cheese melts. Remove from heat. In a greased casserole make layers of the eggs and crumbled bacon, the cheese sauce, and the parsley. Bake in a preheated 350° oven for 30 minutes.

LUNCHEON CHEESE CASSEROLE

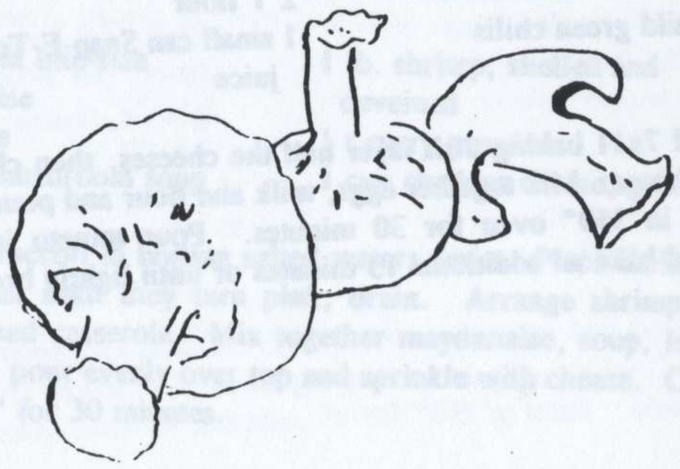
1 lb. each jack and cheddar cheeses, shredded
7 oz. can mild green chilis
3 eggs
1 small can evaporated milk
2 T flour
1 small can Snap-E-Tom tomato juice

In a greased 7x11 baking dish layer half the cheeses, then chilis, then remaining cheese. Mix together eggs, milk and flour and pour over the top. Bake in 350° oven for 30 minutes. Pour tomato juice over casserole and bake an additional 15 minutes or until lightly browned.

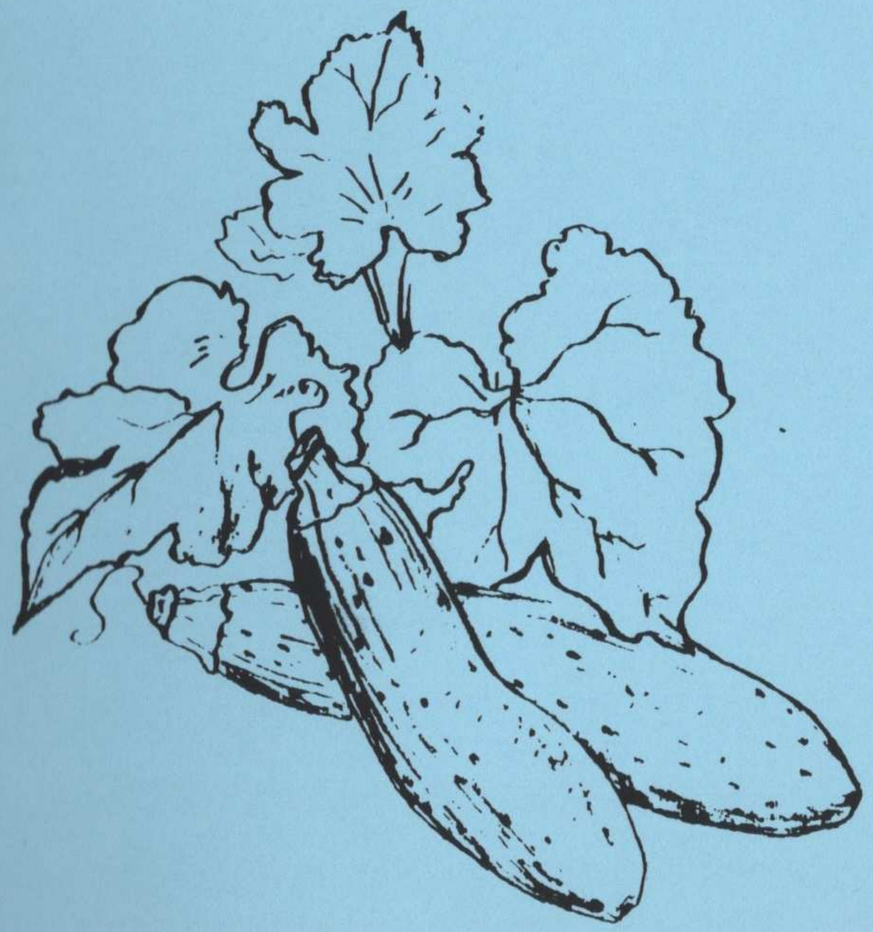
MARTHA'S CASSEROLE

½ lb. broad noodles
1 T butter
1 lb. lean hamburger
salt and pepper
2 cups tomato sauce
1 cup cottage cheese
½ lb. jack or cheddar cheese, grated
¼ cup sour cream
⅓ cup scallions, minced (including green tops)
1 T green pepper, minced
2 T melted butter

Cook noodles briefly to al dente. Drain. Heat 1 T butter in skillet and cook the hamburger, stirring to break up lumps. Add tomato sauce, season to taste, and remove from heat. Combine the cottage cheese with grated cheese, sour cream, scallions and pepper. In a 2-quart greased casserole make alternate layers of the noodles and cheese mixtures. Pour the meat sauce over all. Drizzle with melted butter. Cover and refrigerate. Preheat oven to 375° and bake for 45 minutes. Serves 6



Vegetables



* MARINATED CARROTS (COLD)

3 lbs. carrots, sliced diagonally in 1-1½"
1 large sweet pepper, cut in thin strips
1 large onion, thinly sliced in rings
1 can tomato soup
½ cup sugar
½ cup salad oil
¾ cup vinegar
salt and black pepper

Cook carrots until almost tender; drain. Add pepper and onion and mix with cooled carrots. Combine other ingredients and bring to a boil. Pour over vegetables. Refrigerate for at least 4 hours. Serve cold. Will keep, refrigerated, for a long time.

LOVE THAT SQUASH

1 lb zucchini, unpeeled and sliced thinly
1 lb yellow squash, unpeeled and sliced
2 T concentrated orange juice, thawed
2 T butter, melted
1 cup sour cream
2 T flour
chopped chives for garnish

Cook squash in small amount of salted water for about 10 minutes; drain. Combine orange juice concentrate and butter; heat. Stir flour into sour cream and add to orange mixture. Heat but do not boil. Spoon over squash and garnish with chives. Serves 4

BROCCOLI BAKE

2 boxes frozen broccoli
½ cup (1 stick) butter or margarine
1 lb. Velveeta cheese
about 40 Ritz crackers, crushed

Cook broccoli until barely tender; drain, saving one cup of cooking liquid. Add half the butter and the cheese, heating and stirring until melted. Place the broccoli in lightly greased casserole, cover with cheese sauce, and top with crushed crackers. Melt the remaining butter and drizzle over all. Bake in 300° oven for 25-30 minutes.

ESCALLOPED CORN

½ cup milk
1 egg, beaten
¼ t pepper
1 16-oz. can creamed corn
1 cup crackers, crushed
2 T butter or margarine
paprika

Combine milk, egg and pepper, blending well. Stir in corn and cracker crumbs. Put into greased casserole and dot with butter; sprinkle with paprika. Bake at 325° until center is set. Let stand for 5 minutes before serving.

SPINACH CASSEROLE

2 eggs, beaten
1 cup sour cream
1 can cream of mushroom soup
dash of nutmeg and pepper
2 boxes frozen chopped spinach, thawed
buttered bread crumbs (optional)

Mix thoroughly the eggs, cream, soup and seasonings. Fold in the drained spinach. Place in greased casserole and top with crumbs, if desired. Bake at 350° for 30-35 minutes.

BROCCOLI OR SPINACH DISH

1 9-oz. package chopped spinach
OR broccoli
1 T butter
1 egg, beaten
½ cup Cheese Whiz
garlic, pepper, and salt
OR ½ pack onion soup mix

Melt butter in pan and cook the vegetables briefly. Stir in the remaining ingredients. Place in greased casserole, sprinkling with bread crumbs, if desired. Bake at 350° for about 30 minutes.

CRANBERRY BEETS

½ cup water
½ cup sugar
1 cup cranberries
1 t cornstarch
1 #2 can cubed beets, drained, saving 1 T juice

Bring water and sugar to boil and simmer for 5 minutes. Add cranberries and cook until popped, about 5 minutes. Skim off berries; reserve. Mix cornstarch with juice from beets. Stir into cranberry liquid and return to heat, cooking until clear and thickened. Add reserved berries and beets; heat. Serves 6

PINEAPPLE BEETS

1 T cornstarch
½ cup pineapple juice
¼ cup sugar
2 T vinegar
½ T butter
1 #2 can sliced beets
¼ cup crushed pineapple

Mix cornstarch and juice in pan. Add sugar and vinegar; cook until thickened. Stir in butter and pineapple. Drain beets; add and heat well. Omit sugar by substituting syrup from pineapple for pineapple juice.

SPINACH SOUFFLE

2 pkg. frozen chopped spinach, cooked and drained
2 T minced onion
2 T margarine
1 cup fresh breadcrumbs
1 cup #2 white sauce
3 eggs, separated
½ t salt
¼ t pepper
⅛ t paprika OR nutmeg

Melt shortening and saute onion until soft. Add to well-drained spinach. Stir in crumbs. Add white sauce, beaten egg yolks and seasonings, mixing well. Whip egg whites and fold into spinach mixture. Spoon into greased casserole. Bake in water bath in 350° oven for 35-40 minutes. Serves 8-10

SOUTHERN SPICED SQUASH

1 medium butternut squash
1 T butter
½ t cinnamon
¼ t nutmeg
dash of cloves and allspice
½ t vanilla
¼ c brown sugar

Peel and cube squash, removing seeds. Cook in lightly salted water until tender. Drain well. Mash or process, adding remaining ingredients. Good served with ham or poultry. May be made ahead and baked or microwaved.

CARROT - SWEET POTATO PUDDING

½ cup carrots, cooked and pureed
1 cup sweet potato, cooked and pureed
½ cup dry bread crumbs
1¼ cups milk
1 egg, beaten
¼ t salt
2 T brown sugar

Combine carrot and sweet potato with sugar and salt. Stir in crumbs. Mix egg and milk and combine with first mixture, blending thoroughly. Pour into greased casserole and bake in 350° oven for about an hour. Serves 2-3. May be doubled or tripled.

VEGETABLE CASSEROLE

2 cups broccoli, chopped
½ cup onion, chopped
½ cup green pepper, chopped
1 cup (4 oz.) sharp cheddar, grated
1½ cups milk
¾ cup biscuit mix
3 eggs
1 t salt
¼ t pepper

Cook broccoli just until tender; drain and mix with onion and pepper. Put into greased casserole and cover with cheese. Beat remaining ingredients together (blender - 15 seconds, or by hand - one minute). Pour over vegetables. Bake at 375° about 40 minutes or until tester comes out clean. Let stand 5 minutes before serving.

ITALIAN ZUCCHINI CASSEROLE

2½ lbs zucchini, in ½" slices
4 T salad or olive oil
½ cup onions, chopped
½ cup green pepper, chopped
1 package spaghetti sauce
4 oz. cheddar cheese, grated
4 oz. canned mushrooms
1 cup water
6-oz. can tomato paste
Parmesan cheese

Cook zucchini in salted water for 4-5 minutes; drain and place in lightly greased casserole. Saute onions and peppers in oil; add spaghetti sauce, cheddar cheese, mushrooms, water, and tomato paste. Mix well and heat. Pour over zucchini and sprinkle with parmesan cheese. Bake at 350° for 25-30 minutes or on high setting of microwave for 13 minutes, turning once. Let stand for 5-10 minutes before serving.

ZUCCHINI AU GRATIN

2 T butter
¼ cup onion, chopped
1 clove garlic, crushed
2 lbs zucchini, cut in ½" cubes
½ t dill
salt and pepper
16 cherry tomatoes
4 oz. cheddar cheese, grated
2 T melted butter
½ cup soft bread crumbs

Heat 2 T butter and saute onions and garlic. Add zucchini, seasonings, and cook about 5 minutes. Layer zucchini in buttered 1½ quart casserole with tomatoes and cheese. Combine crumbs and melted butter; sprinkle over casserole. Bake at 350° about 25 minutes. Serves 6

POTATOES AU GRATIN

1½ lbs frozen hash-brown potatoes
½ pint (1 cup) half-and-half OR milk
4 oz. sharp cheddar cheese, grated
½ lb (1 stick) butter
¼ pound processed American cheese, chunked

Arrange frozen potatoes in a greased 9x9" baking dish. Mix remaining ingredients in a saucepan and heat until melted, stirring to blend thoroughly. Pour over potatoes and stir lightly to mix. Cover and refrigerate for one hour or longer. Bake uncovered in preheated 350° oven for one hour. Serves 9-12. This dish may be frozen after baking.

GRATIN DAUPHINOIS

6 cups potatoes, thinly sliced
1 t salt
¼ t freshly ground pepper
⅛ t grated nutmeg
1 clove garlic, minced
1½ cups Swiss cheese, grated
¼ cup butter
2 eggs, lightly beaten
1 cup heavy cream
2 T Parmesan cheese, grated

Sprinkle the potatoes with half the salt and pepper plus the nutmeg and garlic. Layer the potatoes in a greased shallow baking dish with the cheese and butter, using ⅓ of each for each layer. Combine eggs, cream, and remaining seasonings; pour over the casserole and sprinkle with parmesan cheese. Cover and bake at 375° for 30-40 minutes or until potatoes are nearly tender. Uncover and bake until lightly browned and set.

POTATO CASSEROLE

2 lbs frozen hash-brown potatoes
1 pint sour cream
2 cans cream of chicken soup
½ cup onion, chopped
2 cups cheddar cheese, grated
2 t salt
½ t pepper
1 cup cornflakes, crumbled with 2 T butter

Combine potatoes, sour cream, soup, onion, cheese, and seasonings; spread evenly in a lightly greased 9x13 casserole. Blend cornflakes with butter and sprinkle over the top. Bake at 350° for 45 minutes. Serves 8-10. May be made the day before; leftovers freeze well.

SWEET POTATO - APRICOT BAKE

2 lbs. sweet potatoes
1 cup dried apricots
¼ cup butter or margarine
2 eggs
2 t grated orange rind
salt to taste

Cook sweet potatoes until tender; peel and mash. Cook apricots for about 10 minutes; drain and dice. Mix together the potatoes, carrots, and butter, beating until fluffy. Beat in remaining ingredients. Turn into ungreased casserole. Bake at 325° for about an hour. Garnish with orange slices or sections.

BROWNED ORZO AND RICE

⅔ cup orzo pasta
⅓ cup rice
1 T butter
2 cups water
2 bouillon cubes
¼ t thyme and/or oregano

Melt butter in a saucepan and saute rice and orzo until golden. Add water and seasonings. Cover and simmer on low heat for 15 minutes. Uncover, stir, and cook until all liquid has been absorbed. Use either chicken or beef bouillon cubes; minced onion may also be added.

Desserts

BLUEBERRY CRUNCH

½ cup (1 stick) butter
or margarine
1 cup flour
½ cup light brown sugar
1 cup chopped pecans
12 oz. cream cheese, softened
1 t vanilla
½ cup sugar
8 oz. package Cool Whip
1 quart blueberries
(fresh or frozen)
3 T (scant) flour
Grated rind of 1 lemon;
juice of ½ lemon
Additional sugar to taste

Cream together butter and brown sugar. Stir in flour and nuts. Press into 9x13 pan and bake at 400° for 10 minutes or until light brown. Mix cream cheese, vanilla and sugar until well blended. Spread over cooled crust. Top with Cool Whip. Cook blueberries with flour, sugar, lemon rind, and juice. Cool and layer on top. Refrigerate overnight; serve with additional Cool Whip or whipped cream. Serves 12-15

PEACHES FLAMBÉ

3 fresh peaches
1 T sweet butter
1 T sugar
Juice of 2 oranges
Juice of ½ lemon
2 T Irish Mist Liqueur
Vanilla Ice Cream
2 T confectioner's sugar

Peel and halve peaches, removing pits. Heat butter and sugar in flambé pan or skillet, stirring with a fork until light brown., Add orange and lemon juice and cook until thickened. Add peaches and cook on each side for 2-3 minutes. Add liqueur and flambé. Serve over ice cream. Liqueur may be added before peaches are cooked or omitted altogether. This may be done ahead and kept warm. Serves 6

MACAROON BISQUE

3 egg yolks
2 T sugar
dash of salt
¼ t vanilla
½ cup macaroons, crumbled
½ cup heavy cream

Beat the egg yolks with sugar and salt until very light. Cook, stirring constantly, over boiling water until thick as cream. Chill, then add vanilla, most of the crumbs, and fold in the whipped cream. Spoon into dessert cups, dust with remaining crumbs, and chill.

KISS PUDDING

4 cups milk
3 eggs, separated
2 T (heaping) cornstarch
1 cup sugar
¼ t salt
1 square chocolate, melted

Combine milk, egg yolks, cornstarch, ½ cup sugar, and salt in double boiler. Cook until thickened. Pour into serving dishes and chill. Before serving, whip egg whites and beat in remaining ½ cup sugar. Fold in melted chocolate. Top each serving with heaping tablespoon of chocolate meringue.

STRIPED DELIGHT

2¼ cups graham cracker crumbs
⅓ cup sugar
⅓ cup (generous) melted butter or margarine
1 8-oz. package cream cheese, softened
¼ cup sugar
2 T milk
1 8-oz. container Cool Whip
3½ cups milk
2 4-oz. packages instant chocolate pudding

Combine crumbs, ⅓ cup sugar and melted butter. Press into bottom of 9" x 13" pan. Beat cream cheese with sugar and milk until smooth. Fold in half of the Cool Whip; spread on crumb layer. Prepare the chocolate pudding with 3½ cups milk and pour over cheese layer. Chill several hours or overnight. Spread remaining Cool Whip on top and decorate with grated chocolate and/or chopped nuts. Serves 15-18

APPLE CUSTARD

4 eggs (OR 5 egg whites and 1 whole egg)
4 cups milk OR 3 cups evaporated milk and 1 cup water
½ cup sugar
3 T honey
½ t vanilla
4 apples, peeled and sliced

Beat eggs with milk, sugar, honey and vanilla. Stir in sliced apples. Pour into ovenware casserole; bake in preheated 325° oven for about 40 minutes. May be topped with whipped cream.

CHOCOLATE LOAF / RASPBERRY SAUCE

2 cups heavy cream
3 egg yolks, lightly beaten
2 8-oz. packages semi-sweet chocolate
½ cup butter or margarine
¼ cup confectioner's sugar
1 t vanilla
½ cup corn syrup

Line 8½ x 4½ x 2½ loaf pan with plastic wrap. Mix egg yolk with ½ cup of the cream. In a saucepan combine chocolate, corn syrup, and shortening. Heat until chocolate is melted; add egg mixture and cook for 3 minutes, stirring constantly. Cool to room temperature. Beat remaining cream, sugar, and vanilla until soft peaks form. Fold into chocolate mixture gently but thoroughly. pour into prepared pan. Refrigerate overnight or chill in freezer 3 hours. Slice and serve with following sauce.

1 10-oz. package frozen raspberries
⅛ cup corn syrup

Purée berries in blender or processor. Strain through sieve and stir in corn syrup.

COFFEE MOUSSE

32 marshmallows
1 cup strong coffee
2 cups heavy cream
2 t vanilla
slivered almonds for garnish

Place coffee and marshmallows in top of double boiler, heating until melted. Cool just until mixture begins to thicken. Whip cream with vanilla and fold into coffee mixture. pour into sherbet glasses and refrigerate for 6-10 hours. Toast the almonds and use for garnish. Serves 8

CHOCOLATE MOUSSE

2 eggs, separated
2 egg whites
12 oz. chocolate chips
1 cup milk, scalded
2 oz. brandy or rum
½ cup sugar

Place egg yolks, chocolate chips, milk, and brandy in blender until smooth. Beat egg whites and sugar together until stiff. Fold into chocolate mixture. Pour into sherbet dishes or large bowl. Chill at least 2 hours. Top with whipped cream. Serves 12

CHOCOLATE SAUCE

1 cup sugar
3 heaping T cocoa
¾ cup milk
1 t vanilla

Combine sugar, cocoa and milk in a saucepan. Bring to a rolling boil, stirring constantly. Add vanilla and cook one minute more. Serve warm or cooled.

FROZEN LEMON SOUFFLÉ

8 eggs
1 cup sugar
2 packages unflavored gelatine
Juice of 1 lemon plus ½ cup lemon juice
grated rind of 1 lemon
2 cups heavy cream, whipped to soft peaks

Beat the eggs and sugar at high speed for about 10 minutes, or until light and creamy. Soak gelatine in juice of one lemon, then dissolve by heating over hot water. Add to the remaining lemon juice. Mix slowly into egg mixture along with rind. Fold in the whipped cream and pour into souffle dish (this may be enlarged by adding a paper collar around top of dish). Freeze for 2 hours. Decorate with additional whipped cream, lemon slices, and mint leaves.

FROZEN TOFFEE DESSERT

¼ lb. vanilla wafers
½ cup chopped pecans
1 cup (2 sticks) butter
1 cup powdered sugar
1½ squares (1½ oz.) baking chocolate, melted
3 eggs, separated
1 t vanilla

Crush wafers and combine with nuts. Set aside. Cream butter and sugar thoroughly; add egg yolks, beating well. Stir in cooled melted chocolate and vanilla. Beat egg whites and fold into chocolate mixture. butter a 7" or 8" x 11" baking pan; cover bottom with half the crumbs. Spoon in filling and top with remaining crumbs. Freeze for several hours or overnight. Serve with whipped cream and a maraschino cherry.

PLUM TORTE

½ cup (1 stick) butter
¾ cup sugar
1 cup flour, sifted
1 t baking powder
2 eggs
12 prune plums, halved and pitted
cinnamon sugar
juice of ½ lemon

Cream butter and sugar; add flour, baking powder, and eggs. Beat thoroughly. Pour into 9" round cake pan or springform pan. Place the plums, skin side up on top of batter. Sprinkle with lemon juice and cinnamon sugar. Bake in pre-heated 350° oven for 1 hour. Serve warm or cool (with whipped cream, if desired). May be frozen and reheated after defrosting. Serves 8. Variation: top with ½ cup halved cranberries and sliced apples (2 or 3 peeled cooking apples).

PEACH COBBLER FLIP

1½ - 2 cups peaches, peeled and sliced
½ cup butter, melted
1 cup sugar
1 cup flour
2 t baking powder
½ t salt
1 cup milk

Spread melted butter in a 9" round pan. Combine dry ingredients; add milk and stir to blend. Pour batter over butter. Top with peaches. Bake in preheated 375° oven for 45 minutes. Serve with whipped cream topping.

FRUIT PUDDING
Blueberry, Raspberry, Rhubarb, Cherry

2 cups fruit
1 cup flour
1 t baking powder
¼ t salt
3 T melted shortening
¾ cup sugar
½ cup milk
1 cup sugar
1 T cornstarch
1 cup boiling water

Put fruit in layer of lightly greased 8" x 8" pan or casserole. Combine the next six ingredients and pour over the fruit. Mix the sugar and cornstarch; sprinkle evenly over the batter. Pour over all the boiling water. Bake in 350° oven for 45 minutes.

KEY LIME PIE

4 eggs, separated
1 can sweetened condensed milk
½ cup lime juice
6 T sugar
½ T cream of tartar

Beat together the egg yolks, milk, and lime juice until thick. Pour into baked pie shell. whip egg whites with cream of tartar, gradually adding sugar and beating until stiff. Cover filling with meringue, sealing well. Bake in preheated 250° oven until golden.

CRUNCHY BLUEBERRY PIE

1 baked pie shell
4-5 cups blueberries
1 cup sugar
¾ cup water + 2 T water
1½ T cornstarch
¼ t salt
¼ t nutmeg

Cook one cup of the blueberries with sugar and ¾ cup water until berries are soft. Mix cornstarch, salt, nutmeg with 2 T water and stir into hot berry mixture. Cook slowly until thickened. Cool. Place remaining berries in pie shell, cover with cooled mixture and chill for 3 hours. Serve with whipped cream or ice cream.

PEACH COOKIE SUNDAE

¼ cup sugar,
2 T cornstarch
½ cup corn syrup
½ t cinnamon
5 cups peaches (2½ pounds)
1 20-ounce package refrigerator cookie dough

Stir together sugar, cornstarch, and syrup. Add peeled and sliced peaches and mix well. Pour into 8" x 8" x 2" baking dish. Slice cookie dough into ¼" slices and cover peaches. Bake in preheated 350° oven for 1 hour or until golden brown. Serve with ice cream if desired. Serves 8

CHOCOLATE CHIP - ROCKY ROAD PIE

½ cup butter
1 cup brown sugar, packed
1 egg, slightly beaten
2 T hot water
1 t vanilla
1 cup flour
¼ t salt
½ t baking powder
⅛ t baking soda
½ cup walnuts, chopped
1 cup chocolate chips
1 cup miniature marshmallows

Melt the butter; stir in sugar until blended. Add egg, water and vanilla. Sift together the flour, slat, baking powder and baking soda. Add to first mixture and blend well. Stir in the nuts and half the chips and marshmallows. Spread in two 9" greased pie pans and sprinkle with remaining chips and marshmallows (the latter may be omitted for a less sweet dessert). Bake in preheated 350° oven for 20 minutes. Cool in pans. Good served a la mode.

PEACH PIE

2 T lemon juice
½ cup sugar
4 cups sliced fresh peaches
3 T cornstarch
2 T butter
dash salt
¼ t almond extract
1 9" baked pie shell

Sprinkle lemon juice and sugar on peaches and let stand one hour. Drain: there should be 1 cup syrup. To the syrup add cornstarch and cook over low heat, stirring constantly until thick. Remove from heat, add butter, salt and almond extract. cool. Place peaches in shell and pour the cooled mixture over. Chill and serve with ice cream or whipped cream, if desired.

TART OR CAKE FILLING

½ cup fresh lemon juice
1 can condensed milk
3 ounces cream cheese

Combine in blender, processing until smooth. Use to fill tartlet shells or as filling for a white or yellow cake.

STRAWBERRY TART

1½ cups flour
¼ t salt
2 T sugar
½ cup cold butter or margarine
1 egg
⅔ cup semi-sweet chocolate chips
2 quarts fresh strawberries
½ cup strawberry jam

Combine flour, salt, and sugar in processor. Add butter, cut in pieces and pulse until mealy. Beat egg lightly, add to bowl and process until it forms a ball. With fingers, press into an 11" tart or pie pan. Chill for 20-30 minutes. Prick bottom and sides, then line carefully with double-thickness of aluminum foil. Bake in preheated 375° oven for 15 minutes. Remove foil and bake until golden, about 10-15 minutes longer. Cool. Melt chips and spread over the bottom of the shell. Cut a thin slice from the stem end of berries and arrange, points up, in the shell. Melt the jam and strain it, thinning if necessary. Brush over berries to glaze.

COTTAGE CHEESE CUSTARD PIE

3 eggs (large)
¼ cup milk
½ t vanilla
1 pound cottage cheese (any type)
½ t salt
6 T sugar
1 t flour
2 8" unbaked pie shells

Beat the eggs lightly with milk and vanilla. combine with remaining ingredients. Pour into pie shells; dot with butter and sprinkle with cinnamon. Bake in preheated 375° oven for 30 minutes.

ORANGE ANGEL PIE

Meringue Crust:
4 egg whites
¼ t cream of tartar
¾ cup sugar
½ t vanilla

Whip egg whites until frothy; add cream of tartar and whip until peaks form. Gradually beat in sugar, and when sugar has dissolved, beat in vanilla. Grease a 9" pie pan and fill with meringue, pushing the sides up. Bake at 300° for 1 hour. Cool.

Filling:
4 egg yolks
2 T orange juice
½ cup sugar
1 T lemon juice
1 T each grated orange and lemon rind

Combine ingredients and cook, stirring, in a double boiler until thick. cool. Whip 1 cup heavy cream and fold into cooled filling. Put in shell and refrigerate until set.

PRETZEL ICE CREAM PIE

Pretzel Crust:
1½ cups pretzel crumbs (crush with rolling pin)
½ cup (1 stick) butter, melted
½ cup sugar

Filling:
1 quart ice cream, any flavor
Fruit, if desired

Mix crust ingredients together and press into pie pan. Bake at 300° for 8-10 minutes. Cool. Spread ice cream in crust while it is barely warm (this softens ice cream, making it easier to spread). Try flavors (strawberry with fresh strawberries) which agree and others (vanilla with shaved chocolate) which complement each other.

KENTUCKY PECAN PIE

1 cup white corn syrup
1 cup dark brown sugar
⅛ t salt
⅛ cup butter or margarine, melted
1 t vanilla
3 eggs, lightly beaten
1 heaping cup pecans
1 9" unbaked pie shell

Mix syrup, sugar, salt, butter and vanilla. Add eggs and blend. Pour into unbaked shell and sprinkle pecans evenly over filling. Bake in preheated 350° oven for about 45 minutes. This may be served with ice cream or whipped cream.

CHESS PIES MARGARET

Pastry for lining pans
(3 cups flour standard)
2 cups light brown sugar
Pecans - halves or coarsely chopped
1 t lemon juice
⅔ cup melted butter
3 eggs, lightly whisked

Roll out pastry and cut in rounds with cutter to fit small tart pans; flute edges. Mix together the sugar, vanilla, juice and melted butter until thoroughly blended. Cut and stir eggs into mixture - do not beat. Pour into pastry-lined tins and top with pecan halves or chopped pecans. Bake at 350° for 15 to 20 minutes or until filling is puffed and golden. Loosen from pans while warm. Makes 18-24 tartlets

CRANBERRY UPSIDE-DOWN CAKE

Topping:
¼ cup butter or margarine
⅔ cup sugar
1 t grated orange peel
½ t vanilla
2 cups cranberries, chopped coarsely
⅓ cup sugar

Cake:
1½ cups cake flour
2 t baking powder
½ t salt
½ cup butter or margarine
1 t vanilla
1 egg
½ cup milk

For topping, melt butter and stir in ⅔ cup sugar, rind and vanilla. Spread on the bottom of an 8" x 8" baking pan. Combine cranberries with ⅓ cup sugar and spread over mixture in pan. Put aside while mixing cake batter. Sift flour, salt, and baking powder. Cream butter with sugar; add egg and vanilla, beating thoroughly. Add dry

ingredients alternately with milk. Spread batter over cranberries. Bake in preheated 350° oven for about 50 minutes. Cool several minutes in pan; run spatula around sides of pan to release. Invert on serving plate - allow pan to remain for several minutes to drain. Serve warm or cool.

DUTCH APPLE CAKE

⅔ cup butter
1 cup sugar
1 egg
1½ cups (approximately) milk
3 cups flour
1 T baking powder
5 apples, peeled, cored and diced
1 cup raisins
Cinnamon to taste (about 1 t)

Cream butter and sugar; beat in egg. Add milk alternately with dry ingredients; stir in apples and raisins. Bake in greased pan at 300° for about 1 hour.

FRESH APPLE CAKE

5 cups fresh apples, chopped
3 cups sugar
¾ cup oil
1-2 t lemon juice
3 cups flour, sifted
3 t baking soda
1 t cinnamon
1 t salt
1 cup walnuts, chopped
3 eggs, beaten
2 t vanilla

Mix together the apples, sugar, oil, and lemon juice. Sift the dry ingredients and stir in. Mix in the eggs, vanilla, and walnuts. Bake in greased and floured 9" x 13" pan at 350° for 50 to 60 minutes. Cake should be moist but not gummy.

ALASKAN CARROT CAKE

3 eggs
¾ cup oil
¾ cup buttermilk
2 cups sugar
2 t vanilla
2 cups cake flour
2 t baking soda
2 t cinnamon
½ t salt
2 cups carrots, grated
½ cup crushed pineapple, well drained
2 cup nuts, chopped
1 cup Rice Krispies
3½ ounces coconut

Combine the eggs, oil, buttermilk, sugar, and vanilla. Sift the dry ingredients and blend in. Add the carrots, nuts, pineapple, cereal, and coconut, mixing well. Bake in greased and floured 9" x 13" pan in 350° oven for 55 minutes, or until done. Frost with:

Buttermilk Frosting:

1 cup sugar
½ t baking soda
½ cup buttermilk
2 T butter
1 T corn syrup
1 t vanilla

Mix all ingredients except vanilla in medium-sized saucepan. Boil for 5 minutes, remove from heat and add vanilla. Our over cake while both are still warm. This is really a clear, shiny glaze.

CREAM CHEESE FROSTING

8 ounces cream cheese
½ cup (1 stick) butter
2 cups confectioners sugar
1 T vanilla

Whip cheese and butter together. Add sugar and vanilla, beating until creamy. This frosting requires cake to be kept refrigerated.

FRESH APPLE POUND CAKE

3 cups unsifted flour
1 t baking soda
1 t salt
1½ cups oil
2 cups sugar
3 eggs
2 t vanilla
2 cups finely chopped, peeled apple
1 cup pecans, chopped

Beat together the oil, sugar, eggs, and vanilla. Stir the flour, soda, and salt together and mix in, beating until smooth. Fold in the apples and nuts. Turn into greased and floured tube or bundt pan. Bake in preheated 325° oven for 1 hour, 20 minutes or until done. Glaze while warm with the following:

½ cup butter or margarine
1 cup brown sugar
2 T milk

Boil together for 2 minutes and spoon over cake. This cake may be stored, tightly covered, for several days at room temperature. For longer storage, refrigerate or freeze.

PINEAPPLE NUT CAKE

2 cups flour
2 cups crushed pineapple
2 cups sugar
2 t baking powder
2 eggs, extra large
1 cup chopped nuts (walnuts OR pecans)

Combine all the ingredients, beating together until well mixed. Pour into greased 9" x 13" pan and bake in 350° oven for 40 minutes or until done.

STRAWBERRY GLAZED CHEESECAKE

Crust:

45 vanilla wafers (7 ounces)
¼ cup melted butter or margarine
1 T lemon juice
1 T sugar

Crush wafers with rolling pin or in processor. Add remaining ingredients and blend well. Press on bottom and sides of buttered 8" springform pan.

Filling:

16 ounces cream cheese
3 eggs, separated
2 T flour
¾ cup sugar
¼ t salt
⅔ cup evaporated milk
1 t vanilla

Beat cheese until well softened; add egg yolks, mixing well. Add ½ cup of sugar, the flour and salt. Blend. Stir in milk and vanilla. Beat egg whites until frothy and add ¼ cup sugar gradually, beating until stiff but not dry. Fold carefully but thoroughly into cheese mixture. Pour into crumb lined pan and bake in 325° oven for 50 minutes. Cool; remove sides of pan.

Glaze:

1 quart strawberries
¾ cup sugar
¼ cup water
1½ T cornstarch

Wash and cap berries. Crush enough to make one cup. Cook in saucepan with water, sugar, and cornstarch, boiling about 2 minutes or until thick and clear. Tint with food coloring if a deeper color is desired. Force through a sieve and cool. Arrange remaining berries on top of cheesecake and pour glaze over. Alternately, use one pint of berries on cake and pour over melted currant jelly to glaze.

>>> MORE ON NEXT PAGE !! <<<

CHOCOLATE VARIATION:

Add 2 squares semi-sweet chocolate and ½ cup chocolate chips, melted, with additional ½ cup sugar to cheese mixture before folding in egg whites.

MARY'S CHEESECAKE

3 12-ounce cartons whipped cream cheese
6 eggs, large
½ cup sweet butter
16 ounces sour cream
1¼ cups sugar
1 t lemon juice
2 T cornstarch
1¼ t vanilla

Let cheese, eggs, butter, and sour cream stand at room temperature for an hour. Blend cheese, butter, and sour cream together. Add sugar, cornstarch, vanilla, and lemon juice. Whip until very well blended. Beat in eggs, one at a time, until entire mixture is smooth. Pour into a greased 9½" springform pan; enclose bottom and sides in heavy duty foil. Place pan in a larger pan half-filled with warm water. Bake in 375° oven for 1 hour or until top is golden brown. Turn off oven, letting cake remain with door open for 1 hour. Cool on rack for 2 hours; refrigerate covered for at least 6 hours.

CHEESECAKE

Crust:

4 graham crackers 3 T sugar 2 T butter at room temperature

Process crackers and sugar to fine crumbs. Coat 8" springform pan with butter and shake in crumbs until covered. Reserve excess crumbs.

Filling:

20 ounces cream cheese
¾ stick butter, cut in pieces
1 cup sugar
3 eggs, large
¾ t vanilla

Cut cheese into pieces and process for about 30 seconds. Add butter and sugar; pulse. Add eggs and vanilla and process for 30 seconds, stopping once to scrape sides of bowl. Pour into prepared pan. Bake in preheated 350° oven for 25-30 minutes until edge is puffed, but center is still liquid. Let cool 10 minutes while topping is prepared (do not turn off oven).

Topping:

½ cup sour cream 1 T sugar

Process in used workbowl for 60 seconds. Spread over top of cheesecake. Return to oven and bake for 10 minutes. Remove from oven, cool, and refrigerate for at least 12 hours or freeze. Top with remainder of crumbs or frozen berries.

POPPY SEED - ORANGE BUNDT CAKE

½ cup + 2 T butter or margarine
1¼ cups sugar
4-5 eggs or equivalent eggbeaters
2½ cups unbleached flour
3⅛ t baking powder
¼ t salt
1 cup milk
⅔ cup poppy seeds
1⅛ t vanilla
grated rind of 2 oranges

Cream shortening and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Sift together flour, salt, and baking powder. Add to creamed mixture alternately with milk. Fold in poppy seeds, vanilla, and orange zest. Pour into greased bundt pan. Bake in middle of pre-heated 325° oven for 50-60 minutes. Cool in pan for 20-30 minutes before unmolding. If desired, glaze with ¼ cup orange juice and ½ cup sugar, simmered together for 5 minutes. Prick top of cake at 1½" intervals with toothpick and pour warm glaze over.

POUND CAKE SUPREME

1 cup (2 sticks) butter, softened
3 cups sugar
3 cups sifted cake flour
6 eggs, large, at room temperature
1 cup whipping cream
1 t vanilla
½ t almond extract
2 t brandy

Cream butter until very fluffy. Add sugar, 2 T at a time, creaming thoroughly after each addition. Add ½ cup flour alternately with 1 egg at a time, beating well after each addition until smooth. Stir in cream (not whipped) with flavorings and brandy, mixing until well blended. Bake in greased and floured 10" tube pan. Place in cold oven, set heat at 325° and bake for 1 hour, 25 minutes. Do not open door of oven during baking. Cool on rack for 15 minutes before removing from pan. This cake needs no glaze or frosting, but may be sprinkled with powdered sugar if desired.

PRUNE CAKE WITH SAUCE

3 eggs or equivalent
1 cup vegetable oil
1½ cups sugar
2 cups flour
1 t soda
1 t cinnamon
1 t nutmeg
1 t allspice
1 cup buttermilk
1 cup cooked prunes, chopped
1 cup chopped nuts
1 t vanilla

Beat eggs, adding oil and sugar. Sift together dry ingredients and add to egg mixture alternately with buttermilk and vanilla. Gently stir in prunes and nuts. Spoon into greased 9" x 13" pan and bake in 300° oven for 1 hour. When warm, pour over the following sauce.

Sauce:
1 cup sugar
½ cup buttermilk
½ t soda
1 T white corn syrup
½ cup butter or margarine
½ t vanilla

Combine all the ingredients in a large saucepan and bring to a boil. Cook for about 2 minutes. Pour over warm cake.

ORANGE LOAF CAKE

½ cup butter or margarine
1 cup sugar
2 eggs, large
grated rind of 1 orange
2 cups flour
1 t baking powder
½ t baking soda
1 cup sour cream

Cream shortening and sugar until mixture is almost white. Beat in eggs, one at a time, until very creamy. Stir in grated rind. Alternate sifted

dry ingredients with sour cream, stirring only enough to blend. Mixture will be very thick. Place in greased and floured 9" x 5" loaf pan. Bake in preheated 350° oven for about an hour or until tester is clean. Cool for 30 minutes before removing from pan. May be frozen. Store airtight.

CARROT PINEAPPLE CUPCAKES

1⅛ cups flour
1 cup sugar
1 t baking soda
1 t cinnamon
¼ t grated nutmeg
1 cup grated carrots
½ cup oil
½ cup crushed pineapple
2 eggs, lightly beaten

Mix dry ingredients thoroughly. Blend in remaining ingredients just until moistened. Fill cupcake papers half full. Bake in 350° oven for 25-30 minutes. Cool and frost as desired. Makes about 20 2" cupcakes.

PRUNE NUT CUPCAKES

½ cup (1 stick) butter or margarine
1½ cups sugar
2 eggs
2 cups flour
1 t soda
1 t cinnamon
1 cup sour milk
1 cup cooked prunes, diced
½ cup raisins
½ cup nuts, chopped

Cream shortening and sugar; beat in eggs. Sift together flour, soda, and cinnamon. Add alternately with milk. Lastly stir in prunes, raisins, and nuts. Fill cupcake papers ½ to ⅔ full. Bake in preheated 350° oven for 25 minutes for 2" cupcakes or 15-18 minutes for miniatures. These may be frosted, but are good uniced.

CHOCOLATE MADELEINES

½ cup sifted flour
1 t baking powder
½ cup lightly salted butter
½ cup sugar
½ cup cocoa
1 t vanilla
2 eggs, large

Butter 24 madeleine shells generously. Mix together the butter, sugar, cocoa, and vanilla. Beat in eggs, one at a time, until thoroughly blended. Sift flour and baking powder and stir in gently. Spoon by tablespoonsful into prepared pans, filling about ⅔ full. Bake in preheated 425° oven for about 5 minutes, or until cake tester comes out clean. Loosen from pan with tip of knife and turn out to rack, shell side up. Serve warm or cool completely. Makes 24

AUNTIE HENDER'S COOKIES

½ cup shortening
1 cup sugar
2 eggs
1½ cups flour
½ t baking powder
½ t salt
½ t vanilla
1 egg white, beaten
1 cup brown sugar
½ t vanilla
¾ cup nuts, chopped

Cream shortening and 1 cup sugar. Beat in the whole eggs and ½ t vanilla; stir together the flour, baking powder and salt and add into the first mixture. Spread in greased pan to ½" depth. Cover with meringue made of egg white, brown sugar, and vanilla. Sprinkle with nuts. Bake at 325° for about 30 minutes. Makes 24

BROWNIES

2 squares unsweetened chocolate
⅓ cup shortening
1 cup sugar
2 eggs
¾ cup sifted flour
½ t baking powder
½ t salt
½ cup nuts, chopped

Melt together the chocolate and shortening. Add eggs and sugar, beating well. Stir in the sifted dry ingredients. Add the nuts. Spread in well-greased 8" square pan. Bake in 350° oven for 30-35 minutes, or until top has a dull crust and imprint is left when touched. Cool slightly before cutting. Makes 16 2" squares. Vary by sprinkling nuts on top and tapping lightly. Brownies stay moist if you cover pan with foil after removing from oven.

BUTTERSCOTCH BROWNIES

½ cup margarine
2 cups brown sugar
2 eggs
1 t vanilla
2 cups flour
2 t baking powder
¼ t salt
1 cup nuts (optional)

Heat margarine and sugar over low heat until bubbly. Cool. Add eggs, one at a time, beating well. Stir in vanilla. Sift dry ingredients and add, mixing thoroughly. Add nuts, if used. Spread in greased 9" x 13" pan and bake at 350° for about 25 minutes. Cut in squares while warm. Makes 4 dozen

COFFEE BARS

1 pound brown sugar
2 eggs
1 cup oil
1 cup warm coffee
1 t vanilla
3 cups sifted flour
1 t salt
1 t baking powder
6 oz. chocolate chips
6 oz. butterscotch chips

Cream together the brown sugar and eggs. Add the oil and warm coffee gradually, mixing well until smooth. Stir in vanilla (mixture will be very thin). Sift together the dry ingredients and stir in gradually. Divide the mixture, pouring half into each of two greased and floured 9" x 13" pans. Sprinkle chocolate chips over one pan, butterscotch over the other. Bake at 350° for about 30 minutes, or until toothpick comes out dry.

DATE AND NUT BARS

¼ cup shortening
1 cup sugar
2 eggs
½ cup flour
¼ t baking powder
½ t salt
2 cups dates, chopped
1 cup walnuts, chopped

Cream shortening and sugar. Add beaten eggs and mix thoroughly. Sift and add dry ingredients. Stir in date and nut pieces. Spread into a well-greased 9" x 13" pan. Bake in 325° oven for about 25 minutes. Cool and cut into bars. Roll in confectioners sugar. Makes 3' dozen 2½" x 1" cookies

POLISH PASTRY BARS

Crust:
1 cup sugar
2 cups flour
¼ t salt
½ cup butter or margarine
1 egg
3 T cream

Sift together the dry ingredients; cut in butter. Combine egg and cream and stir into flour mixture. Spread evenly in 10" x 15" pan. Bake at 350° for 30 minutes.

Filling:
½ lb. each raisins, dates, dried figs
1 cup walnuts
1 cup sugar
2 eggs, beaten
juice of 1 orange and 1 lemon

Grind dried fruits and nuts together. combine remaining ingredients and mix well. Spread filling onto warm crust; return to oven for an additional 20 minutes. Cool and drizzle with frosting made with 1 cup confectioners sugar mixed with 1 T lemon juice. Makes 5 dozen

PUMPKIN BARS

4 eggs
¾ cup oil
2 cups sugar
1 15-oz. can pumpkin
2 cups flour
¾ t salt
2 t baking powder
1 t baking soda
2 t cinnamon
¾ t each ginger, nutmeg, cloves

Beat together the eggs, oil, sugar, and pumpkin. Sift dry ingredients together and stir in, blending thoroughly. Pour into greased and floured 10" x 15" rimmed pan. Bake at 350° for about 35 minutes or until edges pull away from pan and center is springy to the touch. Cool and frost, if desired. Yield varies with size of bars.

TOFFEE SQUARES

1 cup butter or margarine
1 cup light brown sugar, firmly packed
1 egg yolk
1 t vanilla
2 cups flour
⅛ t salt
5 1-oz. milk chocolate bars
½ cup nuts, chopped

Cream together butter, sugar, egg yolk, and vanilla. Stir in flour and salt, mixing until well blended. Pat into 10" x 15" pan. Bake at 350° for 25 minutes or until golden brown. Remove from oven and immediately put chocolate bars spaced over the base. When softened, spread with spatula; sprinkle with nuts. Cut into small squares while warm. Makes about 5 dozen

CREAM CHEESE SQUARES

5 T butter at room temperature
½ cup brown sugar
1 cup flour
½ cup ground walnuts
½ cup granulated sugar
8 oz. cream cheese, softened
½ t vanilla
1 egg, beaten
2 T milk
1 T fresh lemon juice

Cream together the butter and brown sugar. Blend in the flour and walnuts. Reserve a scant cup for topping; press remainder in a lightly greased 8" x 8" pan. Bake at 350° for 12 - 15 minutes. Blend together the cheese and sugar. Beat in the remaining ingredients. Pour evenly over baked layer, sprinkle with reserved topping and return to oven for an additional 25 minutes. Cut into squares when cool.

CHOCOLATE CINNAMON BARS

½ cup butter or margarine
½ cup shortening
1⅓ cups sugar
2 cups flour
1 t baking powder
4 t cinnamon
1 egg
1 egg, separated
6 oz. chocolate chips
½ cup walnuts, chopped

Sift together 1 cup of the sugar, the flour, baking powder and 3 T of the cinnamon. Blend in the shortenings, 1 egg and the yolk of the second egg until thoroughly mixed. Press into 10" x 15" jelly roll pan. Beat egg white just until fluffy and brush it over the dough. Combine the remaining ⅓ cup of sugar and 1 t cinnamon and sprinkle over the surface. Top with the chips and nuts, pressing lightly to embed them. Bake in preheated 350° oven for 25 minutes. Cut in bars. Yield: about 5 dozen

APRICOT BARS

⅔ cup dried apricots
½ cup margarine
¼ cup sugar
1⅓ cups flour
¼ t salt
1 cup brown sugar
½ t baking powder
½ t vanilla
2 eggs, beaten
½ cup nuts, chopped
confectioners sugar

Rinse apricots, cover with water and simmer for 10 minutes. Drain, cool, and dice. Combine margarine, ¼ cup sugar, salt and 1 cup of the flour, mixing until crumbly. Press into a lightly greased 8" x 8" pan and bake in preheated 350° oven for about 25 minutes. Beat brown sugar into the eggs; combine remaining flour with baking powder and stir in. Add vanilla, nuts, and apricots, mixing to distribute evenly. Spread over the baked layer and return to oven for an additional 30 minutes. Cool and cut into squares; roll in confectioners sugar.

REVELATIONS

1 cup butter or margarine
2 cups brown sugar
2 eggs
4 t vanilla
2½ cups flour
1 t soda
1 t salt
3 cups rolled oats
1 cup nuts, chopped, or more, if desired
1 can (15 oz.) sweetened condensed milk
12 ounces chocolate chips
2 T butter
½ t salt

Cream the shortening with the sugar; beat in the eggs and 2 t vanilla. Sift the flour with the salt and soda and stir in. Mix in the oats and nuts. Reserve 2 cups for topping, and press remainder in lightly greased 10" x 15" jelly roll pan; set aside while making filling. Combine milk, chips, butter, and salt in double boiler and heat until smooth and blended. Stir in remaining 2 t vanilla. Pour over the pastry layer, spreading to even. Sprinkle reserved topping over the chocolate and additional nuts if you choose. Bake in preheated 350° oven for 25-30 minutes. Cool before cutting. Yield: 75

WALNUT BARS

½ cup butter or margarine
1 3-ounce package cream cheese
½ cup dark brown sugar
1 cup whole wheat flour
⅓ cup wheat germ
6 ounces chocolate chips
2 eggs
½ cup honey
⅓ cup whole wheat flour
⅓ cup dried milk
¼ t salt
¼ t cinnamon
¼ t mace
1½ cups walnuts, chopped

Cream butter, sugar and cheese together. Add 1 cup flour and the wheat germ and mix until smooth. Spread in a 9" x 13" greased pan and bake

at 375° until firm, about 15-18 minutes. Remove from oven and sprinkle chocolate over pastry. When soft, spread it evenly in a layer. Combine eggs and honey, beating until blended. Stir in remaining ingredients and pour over chocolate layer. Bake an additional 18-20 minutes or until set. Cool thoroughly before cutting into squares. Yield: 3 dozen

OATMEAL - PEANUT BARS

1 cup brown sugar
1 cup shortening
3 T peanut butter
1 t salt
1 t soda
2 cups flour
1 cup oatmeal
Chocolate frosting
Spanish peanuts or chopped roasted peanuts

Combine sugar, shortening and peanut butter, creaming well. Add flour, salt, and soda which have been stirred together. Mix in oatmeal. Mixture will be crumbly. Press into 10" x 15" jelly roll pan. Bake in preheated 350° oven for 20 minutes. Ice while warm with chocolate frosting and cover with chopped nuts. Cut in squares. To vary, place milk chocolate candy bars or chocolate chips on cookie base and spread to frost.

SUSAN'S LIME BARS

Crust:
- 2 cups self-rising flour
- ½ cup margarine
- ½ cup powdered sugar

Mix together and press into greased 9" x 13" or 10" x 15" pan. Bake at 325° for 10-15 minutes.

Filling:
- 3 eggs, large
- 1½ cups sugar
- 4 T self-rising flour
- 5 T lime juice

Beat eggs, stir in sugar, then flour and lime juice, mixing well. Spread over the warm crust and return to oven for 20-25 minutes. Cool and sprinkle with confectioners sugar. Do not store covered or sugar will melt.

LEMON SQUARES

Crust:
- 1 cup margarine
- 2 cups flour
- 1 cup confectioners sugar

Mix together and press into 9" x 13" pan. Bake in 350° oven for 15 minutes.

Filling:
- 4 eggs, slightly beaten
- 1¾ cups sugar
- 4 T flour
- 1 t baking powder
- 5 T lemon juice
- grated rind of 1 lemon

Add sugar to beaten eggs. Stir in remaining ingredients, mixing well. Pour over the baked crust, return to oven, and bake for an additional 25 minutes. Cool slightly, sprinkle with confectioners sugar and cut in bars while warm.

BANBURY TARTS

Filling:
- 1 cup seeded muscat raisins
- 3 T cracker crumbs
- 1 egg
- 1 T butter
- Juice and grated rind of 1 lemon

Pastry:
- 1 cup flour
- ¼ t salt (optional)
- ½ cup butter
- 4¼ ounces cream cheese

To make pastry, blend ingredients together with pastry blender or two forks. Chill for 12 hours.

To make filling, combine ingredients and cook over low heat until thickened. Cool. Roll pastry ⅛" thick. Cut in 3½" rounds. Place a teaspoonful of filling slightly off-center of each pastry round. Moisten outside edge and fold over, sealing well. Prick top with fork. Bake in 400° oven for about 10 minutes or until golden.

GINGERBREAD MEN

- 1½ cups molasses
- 1 cup brown sugar
- ⅔ cup cold water
- ⅓ cup shortening
- 7 cups flour
- 2 t baking soda
- 1 t allspice
- 2 t ginger
- 1 t cloves
- 1 t cinnamon

Combine all dry ingredients thoroughly. In a large bowl mix molasses, sugar, water, and shortening, blending well. Stir in dry ingredients until well mixed. Cover and refrigerate for 2 hours. Roll out on floured board or pastry cloth to ¼" thick. Cut, placing on greased cookie sheet. Bake in 350° oven for 10-12 minutes, watching carefully after minimum time. Decorate with raisins, currants or red hots and frost, if desired. Yield: 5 - 6 dozen

COOKIE ORNAMENTS

4 cups flour, sifted
2 t baking powder
1 t salt
1 cup butter or margarine
2 cups sifted confectioners sugar
2 eggs
1½ t vanilla

Sift together the flour, baking powder and salt. Cream butter, adding sugar and beating until light and fluffy. Beat in eggs. Add flour mixture, ⅓ at a time, blending well. Wrap dough in plastic and chill overnight. Using a quarter of the dough at a time, roll to ⅛" thickness (use a pastry cloth or roll between sheets of waxed paper). Cut into desired shapes. Use a drinking straw to make a hole at the top of each cookie. Bake in 350° oven for 8 - 10 minutes or until firm and light brown on edges. Remove from pan, cooling on racks. Store airtight until decorated. Thread a ribbon through hole to hang. Makes about 5 dozen 3" cookies

BULL'S EYES

2 cups butter or margarine
2 cups sifted confectioners sugar
2 t vanilla OR 1 t vanilla +
1 t almond extract
1 egg, separated
4½ cups flour
½ t salt
Optional ingredients below

Cream butter with sugar; add egg yolk and beat well. Stir in flavoring and salt; then add flour, mixing with hands if necessary. Divide in half. To half the dough add ½ cup each chopped nuts and chocolate chips, OR ½ cup each sliced almonds and candied fruit, chopped, OR 3 T grated orange rind plus a few drops of orange coloring.

Form dough into 1" rolls. Roll or pat remaining untreated dough into a sheet the length of the roll(s) and wide enough to encircle it. Paint with egg white and roll around flavored dough, pressing firmly to seal. Wrap and refrigerate several hours or overnight. Slice about ⅛" thick; bake in 350° oven on ungreased sheets for 7 - 8 minutes until done but not browned. Yield: about 10 dozen. Variation: divide dough into quarters and flavor two quarters differently, using half the optional ingredients given.

LEMON SPIRALS

1 cup butter or margarine
1 cup sugar
2 eggs
3 cups flour
½ t baking soda
½ t salt
1 T grated lemon rind
⅓ cup nuts, chopped
2 T sugar

Cream shortening and sugar; add eggs, beating well. Sift dry ingredients and stir in. chill several hours. Roll the dough, half at a time, into a rectangle. Sprinkle with mixture of rind, nuts, and the 2 T sugar. Roll as for jelly roll. Wrap and refrigerate until quite firm. Slice in ⅛" slices and bake on ungreased sheet at 375° for about 10 - 12 minutes. Yields 50 - 60 cookies

OATMEAL REFRIGERATOR COOKIES

½ cup shortening
½ cup brown sugar
½ cup white sugar
1 egg
1 t vanilla
¾ cup flour
½ t salt
½ t soda
1½ cups oatmeal (not instant)
¼ cup nuts, finely chopped
6 ounces mini chips (optional)

Cream shortening with sugars; add egg and vanilla, beating well. Sift flour with salt and soda and stir in. Mix in oats and nuts; add chips, if desired. Form into rolls on foil or waxed paper. Chill several hours or overnight. Cut in ⅛" slices and bake on lightly greased sheets in preheated 375° oven for 10 - 12 minutes. Yield: 3 - 4 dozen large cookies

RIBBON COOKIES

White layer:
½ cup shortening
¾ cup sugar
1 egg
1 t vanilla
½ t almond extract
2 T water
2 cups flour
½ t salt
¼ t soda
¾ cup raisins, snipped
16 candied cherries, red and/or green, snipped

Cream shortening with sugar; add egg, flavorings, and water and beat until fluffy. Sift dry ingredients and stir in. Mix in raisins and cherries.

Dark layer:
1 cup shortening
1½ cups brown sugar
¼ t salt
1 t baking soda
½ t cinnamon
½ t cloves
3 cups flour
2 eggs
1 cup nuts, very finely chopped
6 ounces semi=sweet chocolate, grated

Cream shortening and sugar; add eggs and beat well. Sift dry ingredients and stir in. Mix in the nuts and chocolate. Line a 9" x 5" loaf pan with heavy duty foil. Pack half the dark mixture in; top with all the light layer, and finally the rest of the dark layer. Cover and refrigerate. Slice in thirds the long way; slice crosswise into ¼" slices; cut again in half if smaller cookies are desired. Bake at 400° for 8 minutes. Dough may be frozen. Yield: 9 - 18 dozen

PERFECT MERINGUES

4 egg whites
1⅛ cups sugar
2 t cornstarch
2 t vinegar
¾ t vanilla

Beat egg whites until soft. Add sugar, 2 T at a time, beating in. After third addition of sugar, whip in vinegar. Before last sugar is added, mix in vanilla. Drop by small teaspoonsful on cookie sheet and place in preheated 450° oven. Turn off heat immediately and leave meringues in oven overnight. Yield: 125

CHOCOLATE MERINGUES

2 egg whites
½ cup sugar
½ t vanilla
1 6-ounce pack chocolate chips, melted and cooled
1 cup shredded coconut

Whip egg whites until frothy; gradually beat in sugar until stiff. Carefully fold in vanilla, then chocolate and coconut. Drop by spoonsful on lightly greased or brown paper covered cookie sheet. Bake in preheated 375° oven for about 15 minutes.

MAPLE RANGER COOKIES

½ cup margarine
⅓ cup shortening
1 cup granulated sugar
1 cup brown sugar
2 eggs
1 t vanilla
2 t maple extract
2¼ cups flour
1 t baking powder
1 t baking soda
1 t salt
3 cups rice crispies

Combine shortenings, sugars, eggs, and flavorings in large bowl and beat well. Stir or sift together dry ingredients and blend in. Add cereal, mixing well. Drop onto greased cookie sheets and bake in preheated 375° oven for 8-12 minutes or until golden. Cool for a minute before removing from pan. Yield: 5 dozen

CREAM CHEESE COOKIES

½ cup butter or margarine
3 ounces cream cheese
1 cup sugar
1 cup flour
½ t vanilla
½ cup nuts, chopped

Cream together the butter and cream cheese; beat in sugar, vanilla, flour and nuts. Drop by teaspoonsful; bake at 350° until barely golden so they remain moist on the inside.

MRS. FIELDS' TYPE COOKIES

1 cup butter
1 cup granulated sugar
1 cup brown sugar
2 eggs
2½ cups rolled oats
2 cups flour
½ t salt
1 t baking powder
1 t baking soda
1 t vanilla
12 ounces chocolate chips
1½ cups nuts, chopped

Cream together the butter and sugars; add eggs and vanilla, mixing well. Blend or process the oats until powdered. Mix with other dry ingredients and stir into first mixture. Add chocolate chips and nuts. Drop onto ungreased sheet, allowing room between for expansion. Bake at 375° for 15 minutes for large cookies or 10 - 12 minutes for smaller ones. Makes about 5 dozen.

ICE CREAM WAFERS

½ cup butter or other shortening
½ cup sugar
1 egg, well beaten
¾ cup flour
½ t vanilla
½ t salt

Cream shortening and sugar well. Blend in beaten egg, then flour and salt. Beat vigorously. Stir in vanilla. Drop on greased cookie sheet well apart by teaspoonsful. Decorate with nut half, if desired. bake at 350° for 10 minutes or until rimmed with brown. Makes about 2 dozen

SHORTBREAD COOKIES I

1 cup butter
½ cup brown sugar
2 T granulated sugar
1 egg yolk
½ t vanilla
1 T milk
2 cups flour

Cream the butter and sugars together. Add egg yolk, vanilla, and milk, mixing well. Blend in the flour. Mold the mixture by rounded teaspoonsful into balls; press flat with a fork dipped in flour. Bake in preheated 400° oven for 10 minutes. Remove immediately to racks. Yield: 50

SHORTBREAD COOKIES II

2 cups flour
pinch of salt
⅛ cup sugar
½ cup + 1 T butter

Mix dry ingredients and blend in butter until thoroughly mixed. Pat into pans or mold into individual cookies. Bake at 325° for about 40 minutes. Sprinkle with additional sugar after baking.

GINGER SHORTBREAD

2 cups flour
¼ cup sugar
1 cup butter, unsalted
1 t salt
1 t ground ginger

Mix all ingredients together thoroughly. Press into miniature muffin tins. Bake at 350° for 15 - 20 minutes or until light golden brown. Cool slightly before unmolding. May be sprinkled with confectioners sugar before serving.

CHOCOLATE SHORTBREAD SURPRISE

½ cup margarine
½ cup sugar
⅛ cup almonds
⅛ cup chocolate chips
1⅛ cups flour
2 T orange liqueur OR
1 t grated orange rind +
2 T water

Process almonds and sugar by pulsing until chopped; add chips and pulse until fine. Mix in flour and shortening. Add liqueur and process until mixture comes together. Mold in 1" balls and flatten. Bake at 325° for 12 minutes.

MEXICAN CHRISTMAS COOKIES

⅛ cup toasted blanched almonds
1 cup butter or margarine
⅛ cup sugar
1 egg yolk
1 T rum or cognac
2 cups flour
½ cup sugar
1½ T cinnamon

Combine almonds and ⅛ cup sugar in processor. Blend until fine. Add flour and shortening and process until crumbly. Mix in egg yolk and flavoring. Form into ¾" balls and dip in cinnamon sugar. These may be baked as is or flattened with a cookie stamp. Bake at 325° for about 25 minutes. For a spicier flavor, dredge again in cinnamon sugar.

PECAN DAINTIES

1 cup soft butter
½ cup sugar
2 cups sifted flour
1 t vanilla
1 T water
2 cups pecans, ground

Cream butter and sugar. Add remaining ingredients and mix well. Shape into ¾" balls. Top each with a pecan half, or after baking, roll in ground pecans or confectioners sugar. Bake in 325° oven for 20 minutes. Makes 6 - 8 dozen

VIENNESE BUTTER COOKIES

1 cup (2 sticks) butter
½ cup sugar
2 cups flour
1 egg yolk
1 t vanilla or lemon extract

Cream together butter and sugar. Mix in egg yolk and flavoring. Add flour, mixing thoroughly. Chill several hours or overnight. Form into balls and flatten with bottom of glass moistened and dipped in sugar. Bake at 325° for 10 - 12 minutes. Makes 3 dozen

HONEY COOKIES

½ cup butter or margarine
½ cup sugar
½ cup honey
1 egg
1 t grated lemon rind
2 cups flour
¼ t salt
1 t baking powder
1 cup wheat germ

Beat together shortening, sugar and honey. Mix in egg and lemon ring. Stir in sifted flour, salt and baking powder. Add ½ cup of the wheat germ. Chill for at least 1 hour. Drop by teaspoonsful into flat dish containing remaining wheat germ and roll into balls (mixture may be slightly sticky). Place on ungreased baking sheet and flatten lightly with fingers. Bake in 350° oven for 8 - 10 minutes or until lightly browned. Makes 3½ dozen. Vary by using 1 T orange rind instead of lemon rind.

CHEWY GINGER SNAPS

¾ cup oil
¼ cup dark molasses
1 cup sugar
2 eggs
2¾ cups flour
1½ t baking soda
1 t each cinnamon and ginger
¼ t cloves

Stir together oil, molasses, and sugar. Add eggs, beating until smooth. Sift together dry ingredients and add gradually to blend well. Cover and chill for at least 1 hour or overnight. Form into 1½" balls; roll in additional sugar. Bake in 350° oven for 10 - 12 minutes or until lightly browned. Cool. Store airtight. Makes 2½ dozen

CHOCOLATE FROST-BITES

2 squares unsweetened chocolate
¼ cup oil
1 cup sugar
2 eggs
1 t vanilla
1 cup flour
1 t baking powder
¼ t salt

Melt chocolate with oil over low heat. Stir in sugar. Add eggs, one at a time, beating well. Stir in vanilla. Sift dry ingredients together and add. Chill for 3 hours for easy handling. Form in tiny balls by teaspoonsful, roll in confectioners sugar. Bake in 325° oven for about 10 minutes. Do not overbake; cookies should seem moist. Makes about 4 dozen

MOLDED CHOCOLATE COOKIES

1¼ cups butter or margarine
1½ cups sugar
2 eggs
2 t vanilla
3 squares baking chocolate, melted
4¾ cups flour
1½ t baking powder

Cream together sugar and shortening. Stir in eggs and vanilla; blend in chocolate. Sift flour and baking powder and stir in. Chill until firm. Form into 1" balls and flatten with cookie stamp or form. Bake on ungreased sheet in 375° oven for about 10 minutes. Cool. If desired, brush with blaze of 1 cup confectioners sugar mixed with 2 T milk to bring out design. Yield: 7 - 8 dozen

SPICY BROWN COOKIES

1 cup butter or margarine
1½ cups brown sugar, firmly packed
1 egg
3½ cups flour
2 t cinnamon
1 t nutmeg
½ t cloves

Cream shortening and sugar; add egg and beat well. Stir in flour and mixed spices. Chill until firm. Form into 1" balls and flatten with stamp. Bake at 350° for 10 - 12 minutes. Makes about 3 dozen

SUGAR COOKIES

1 cup shortening
1 cup sugar
1 egg
1 t vanilla
2 cups flour
½ t cream of tartar
½ t baking soda
½ t salt

Cream shortening and sugar, add egg and vanilla and mix well. Stir together remaining ingredients and combine with first mixture. Roll in 1" balls, dip in additional sugar and flatten with fork or bottom of a glass. Bake in preheated 350° oven until barely tan.

BROWN AND WHITE SNOWBALLS

¾ cup (1½ sticks) butter
½ cup sugar
1 egg
2 t vanilla
2 cups flour
½ t salt
1 cup pecans, chopped
1 cup chocolate mini-chips

Cream butter with sugar; add egg and vanilla, mixing well. Stir in dry ingredients. Finally add nuts and chocolate, mixing to distribute evenly. Mixture is very heavy. Form into 1 inch balls. Bake in 350° oven for 15 - 20 minutes. Cool slightly. Dredge half with confectioners sugar and remainder with instant cocoa mix. Makes 5 - 6 dozen

CHOCOLATE BUTTER PUFFS

1¾ cups sifted flour
¼ t salt
¼ cup ground chocolate (Ghirardelli)
½ cup butter
¼ cup nuts, chopped

Cream butter, add flour, chocolate, salt, and nuts. Shape into ¾" balls. Bake in a preheated 400° oven for about 15 minutes. Cool slightly and roll in confectioners sugar. Makes about 3 dozen

TEA DELIGHTS

1 cup dates, cut up
1 cup sugar
¼ cup (½ stick) butter
pinch salt
1 egg, beaten
½ cup pecans, chopped
½ t vanilla
2 cups rice crispies

Combine dates, sugar, butter, salt, and egg in saucepan. Cook on very low heat until dates have blended in, stirring constantly. Mix into cereal alternately with nuts until mixture is well blended. Roll into small balls. These may be further rolled in confectioners sugar or coconut if desired.

RUM BALLS

2 cups vanilla wafers, crushed fine
1 cup pecans, finely chopped
1 cup confectioners sugar
2 t corn syrup
2 T cocoa powder, unsweetened
⅛ cup rum, brandy, or cointreau

Combine all ingredients until well mixed. Shape into balls by teaspoonsful. Roll in cocoa, instant coffee, or confectioners sugar. Store for at least one week, tightly covered, to develop flavor. Makes about 50

EASY SUGAR COOKIES

1 cup sugar
1 cup confectioners sugar
1 cup (2 sticks) margarine
1 cup oil
2 t vanilla
2 eggs
4½ cups flour
1 t baking soda
1 t cream of tartar

Cream margarine with sugars; beat in eggs and oil until thoroughly blended. Stir in vanilla. Mix flour, baking soda and cream of tartar and stir in. Chill at least 2 hours. Mold into 1" balls and roll in sugar. Flatten with cookie stamp or glass. Bake in 375° oven for 6 - 7 minutes. these puff up and brown lightly. Allow to rest before removing from cookie sheet. Makes 7 dozen. Variations: Omit vanilla and: use coconut extract and add 1 cup coconut; add 2 t lemon extract and 2 t grated lemon rind; or add 2 t almond extract and top with almond.

VARIETY MOLDED COOKIES

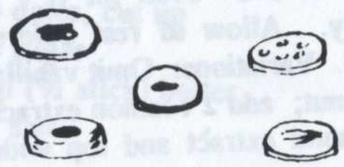
1 cup butter or margarine
⅔ cup sugar
⅔ cup corn syrup
1½ t vanilla
1 egg
4 cups flour
2 t baking powder

Combine shortening, sugar, and corn syrup in a saucepan; heat, stirring, until sugar dissolves. Add vanilla and cool. Beat in egg, then flour and baking powder. Chill, covered, until firm. Form in to 1" balls and roll in additional sugar. Bake in 350° oven for 8 - 10 minutes. Yields 5½ dozen

For spice cookies, substitute molasses for corn syrup; use 1½ t baking powder and ½ t baking soda; add 1½ t cinnamon, 1 t ginger, and ½ t ground cloves to flour mixture.

For chocolate cookies, reduce shortening to ⅔ cup and add 2 squares baking chocolate to initial heating process.

Cookies may be further varied by topping with a nut half or candied cherry; pressed with a molding stamp; made as thumbprint cookies; or made into candy canes by tinting part of the dough, rolling into pencil shapes and twisting to desired size.



DECORATING TIPS FOR CAKES AND COOKIES

1. Commercial frostings and decorating tubes of frosting or gel make personalizing easy.

2. Do-it-yourself with a shortening-based frosting. If you don't have decorating tubes, place the colored frosting in a sandwich bag, clip the corner, and squeeze. Remember that the hole can be enlarged as you go, so start small!

3. Place a paper doily over an uniced cake; sift confectioners sugar or cocoa mix over the top. Remove carefully. Similarly, place strips or wedges of plain paper on the cake, sprinkle, and remove paper to produce the design of your choice.

4. For a patterned decor, frost cake, smoothing the top as much as possible. Pipe chocolate or contrasting color in either concentric circles or stripes on the top. With a knife tip draw a line from center to edge or back and forth at a right angle.

5. Quilt-top cake: pipe frosting in a square pattern over cake top. Decorate each square using frosting, nuts, commercial trimmings or whatever you wish. This technique may be used for bar cookies as well.

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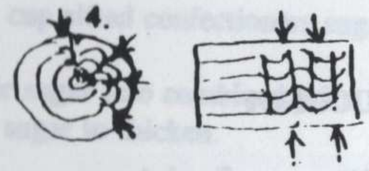

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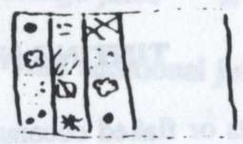

6. Use tinted nuts or coconut.

7. Glaze cookies to bring out a pattern on molded, stamped cookies or to "cement" decorations that have not been baked on.

8. Paint on color before baking.

RECIPES FOR CAKE DECORATING

DECORATOR'S BUTTERCREAM

1 pound confectioners sugar, sifted
1 cup white vegetable shortening
¼ cup butter or margarine
1 t vanilla
¼ t lemon extract
2½ T or more cold water

Beat shortenings together with electric beater. Gradually add sugar alternately with flavorings and water. Use additional water if needed. To tint, remove desired amount to separate bowl. Add color to side of bowl, blending in to reach desired shade. This frosting will keep covered and refrigerated for some time.

ROYAL ICING

1 egg white
½ t vanilla
Confectioners sugar

Mix egg white and vanilla. Add confectioners sugar gradually until mixture is stiff enough to pipe. This frosting hardens; do not make ahead unless kept airtight.

TINTING NUTS OR COCONUT

Blanched nuts or flaked coconut Water Food dye

Mix 1 T water with food coloring in a small glass jar. Add nuts or coconut and stir thoroughly. Cap the jar and shake vigorously. When food is colored, turn out onto plate; separate and allow to dry before using. Vary quantities to attain desired color. Blanched almond slices work very well; pieces may be chopped to size after coloring or combined for "confetti" look.

EGG YOLK PAINT

Mix egg yolk with ½ t water. Divide if several colors are desired. Tint each to shade you want. Using a watercolor brush, paint on unbaked cookies. Bake at a temperature about 25° lower than specified; don't let cookies brown or color will not be bright.

GLAZES

Sugar Glaze:
2 cups sifted confectioners sugar 2-3 T milk 1 T corn syrup

Mix together and brush over cookies while warm.

Chocolate Glaze:
1 cup semisweet chocolate chips 2 T shortening

Melt together and stir to mix. Brush or drizzle over cookies. Finish with nuts if desired.

Orange Glaze:
½ cup sifted confectioners sugar 2-3 T orange juice ¼ t vanilla

Stir sugar into combined juice and vanilla. Add additional juice to thin or sugar to thicken.

Lemon Glaze:
Juice of 1 lemon Confectioners sugar 1 T corn syrup

Stir juice and syrup together. Add sugar to desired consistency. Grated rind may be added for a stronger taste but less smooth finish.

TOASTED SPICED NUTS

1 egg white
1 cup walnuts, pecans, or almonds
1 t cinnamon
¼ cup sugar

Beat egg white just until soft. Stir in nuts to coat. Combine sugar and cinnamon and mix in. Separate nuts on sprayed cookie sheet. Bake at 325° for about 30 minutes or until toasted and dry. Cool.

ALMOND ROCA

3 ounces almonds, coarsely chopped (¾ cup)
8 T butter
¾ cup brown sugar
6 ounces chocolate chips

Sprinkle the chopped nuts evenly over the bottom of a well greased 9" pie pan. Melt the butter in a heavy saucepan; add the brown sugar and cook, stirring constantly, for 7 minutes. Pour over the nuts; immediately sprinkle with the chips. When the chocolate is melted, spread evenly with the bake of a knife. Chill in freezer for about 20 minutes to set. Mark in squares and separate. Store in refrigerator.

QUICK CANDY I

1 12-ounce package butterscotch chips
1 t oil or margarine
Coconut and/or nutmeats

Melt chips with oil in top of double boiler. Add coconut and/or nuts. Drop by teaspoonsful on waxed paper. Cool.

QUICK CANDY II

1 6-ounce package butterscotch chips
1 6-ounce package semi-sweet chips
1 can chinese fried noodles
1 cup chopped nutmeats (optional)

Melt chips; add noodles and nuts. Drop on waxed-paper lined sheet. Cool.

MY FAVORITE CANDY RECIPE:

PASTRY VARIETIES

There are many kinds of pastry for pie shells, tart shells, turnovers, and canapes. Given here are some basic recipes along with variations to suit your mood or type of filling involved.

CRUMB CRUSTS

2½ cup graham cracker crumbs ⅓ cup melted butter or margarine

Combine crumbs and butter, mixing until crumbs are moistened. Press into 9" pie pan; chill for about an hour. Bake in preheated 350° oven for 8 minutes. Cool before filling.

Variations:

1. Use cookie crumbs (wafers, chocolate, etc.) and reduce butter to ¼ cup.
2. Replace ¼ cup of crumbs with ¼ cup sugar.
3. Replace ¼ cup of crumbs with ¼ cup minced nuts.
4. Add 1 t spice (cinnamon, ginger, nutmeg).
5. Add 2 T grated semi-sweet chocolate.

STANDARD PASTRY

3 cups flour, white or unbleached
1 cup shortening (butter, margarine, or vegetable)
1 t salt (optional)
Ice water (about ½ cup, depending on humidity)

Mix flour with salt and cut in shortening; add water gradually until mixture forms a ball. Cover and refrigerate for an hour. Roll out on floured board or pastry cloth and fit in pie pan. If baking blind, crimp folded edges and prick bottom and sides of shell. Chill once more for at least 30 minutes. Bake in preheated 425° - 450° oven for 12 - 15 minutes. Cool before filling.

Shell may be lined with aluminum foil before baking. Remove after 10 minutes baking time and return shell to brown evenly for about 5 minutes.

Yield: 2 shells or 1 double crust pie, 9" - 10"

SHORT-CRUST PASTRY

1 cup flour
½ cup shortening
3 T cold water

Cut shortening into flour and mix in water to moisten. Chill thoroughly before rolling out; chill or freeze briefly before baking. This crust is liable to shrink, so adequate chilling is necessary. Bake at 450° for 10 - 12 minutes. Yield 1 8" - 9" shell.

SHRINKLESS PASTRY

1 cup flour
¼ cup margarine
1 egg beaten with 2 T water

Cut margarine into flour; beat egg with water and stir in. Up to 1 T additional water may be required for correct consistency. Chill; roll; rechill and bake at 425° for about 10 minutes. This pastry is good for tarts. Cut out pastry rounds with appropriate sized cookies cutter and fit in to regular or mini-sized muffin pans. Prick bottoms only.

WHOLE WHEAT PASTRY

1 cup whole wheat flour
⅛ cup shortening
1 egg, beaten

Cut shortening into flour; add egg and mix in. Chill thoroughly before rolling.

MID-EAST PASTRY

½ cup oil
½ cup margarine
½ cup water
3½ cups flour (some additional may be needed)
1 egg + 1 T water

Mix and beat together the oil, shortening, and water. Stir into flour, adding more flour as necessary. Chill. Roll to ⅛" or less thickness. Brush with egg wash (egg and water beaten together) before baking. This pastry is particularly good for turnovers. Bake in preheated 375° oven -- with filling, about 30 minutes.

QUICK PUFF PASTRY

4 cups flour
1⅓ cups shortening
1 cup + 2 T ice water

Cut shortening into flour. Stir in water to hold together. Pat out to 6" x 8" rectangle. Wrap and chill for at least 45 minutes. Roll out on pastry cloth to 14" x 6". Fold as a business letter to 5" x 6". Rechill for at least 15 minutes. Repeat the rolling and folding 3 more times. Chill until used. This can substitute for any recipe using puff pastry: cases for creamed food, turnovers, napoleons. Baking time varies with use of pastry, but oven temperature should be at least 375° to create flaky layers of pastry.

Garnishes

An attractive presentation enhances the taste of any food. Color, as well as flavor, contributes to eye appeal. Variety in every arrangement stimulates the appetite.

Most garnishes can be planned and made ahead; they add immeasurably to the enjoyment of the basic food being offered. The following suggestions are ones to keep in mind for an easy way to accomplish this.

APPETIZERS

1. **Use skewers: alternate pineapple chunks, strawberries, seedless (or seeded) grapes, melon balls, or fruits of your choice.**

2. **Alternate ham cubes with cheese and/or fruit. If chunks of ham are unavailable, roll sliced ham and cut in ¾ - 1 inch pieces.**

3. **Add wedges of unpeeled apple to your cheese tray.**

4. **Create a bouquet of sliced vegetables; slip a toothpick in a plastic stirrer to hold it in oasis, adding parsley foliage.**

LUNCHEON OR DINNER PLATES

1. **Sprigs of parsley, watercress, herbs, mint, alfalfa sprouts, lettuce**

2. **Cherry tomato or radish rose**

3. **Stuffed celery or cherry tomato**

4. **Vegetable flower with blanched peapod leaves**

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5. Small cluster of grapes, wedge of orange, apple, peeled kiwi, a few melon balls

6. Bouchee -- a pastry cutout

7. Wedge or slice of lemon when appropriate: decorate half with minced parsley or paprika

8. Cucumber or zucchini "bowl" filled with sauce to accompany food

9. Scallion brushes or curls

VEGETABLES

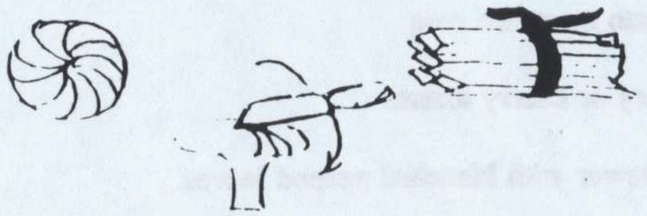
1. Sprinkle with minced parsley or fresh herbs, chopped chives or scallion greens

2. Toasted breadcrumbs

3. Grated cheese

4. Fluted mushroom caps

5. "Bundled" green beans or carrots



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SALADS

1. Top tossed salad with diced red pepper, sliced mushrooms, grated or julienne carrots, minced hard-boiled eggs, radish slivers, red onion rings, grated red cabbage

2. Top cottage cheese with minced peppers, carrot, scallion

3. Croutons

4. Use several kinds of lettuce to get variety in color, taste, and texture

DESSERTS

1. Use a fruit puree (strawberry, raspberry, peach, apricot) with custard, puddings, gelatin, ice cream

2. Stirred custard with a spiral of fruit puree

3. Whipped topping of your choice sprinkled with grated nuts, toasted almond slices, grated chocolate, minced glazed or dried fruit, toasted coconut, cake decorettes

4. Sliced strawberry fan with mint leaf

GARNISH TECHNIQUES

1. Blanching: drop vegetable into simmering water for 10 - 30 seconds (depends on size). Remove and drop into ice water to stop cooking and retain color.

2. Scallion curls and brushes: wash and remove root ends. Slit top green portion and flatten. With tip of sharp knife, cut lengthwise into strips as narrow as possible. For brushes slice lengthwise from root end; roll and repeat. Soak in ice water.

3. Radish cuts:

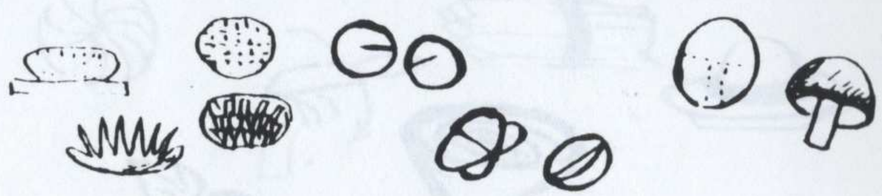
   Fans: cut crosswise along side in narrow strips, using pencils or chop sticks to prevent knife from cutting all the way through. Soak in ice water.

   Roses: Cut three parallel slices (starting at the bottom) on one quarter of the radish. Turn and repeat on remaining sides. Soak.

   Chrysanthemums: cut in cross-hatch pattern on one end. Soak.

   Jacks: Cut crosswise into ⅛" slices and notch each to center. Insert notched sides together. Soak.

   Mushrooms: Cut around center of radish. From bottom of radish trim away excess to create "stem". Soak.



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4. Carrot Cuts

   Curls: Make thin slices lengthwise. Roll up and secure with toothpick. Soak in ice water.

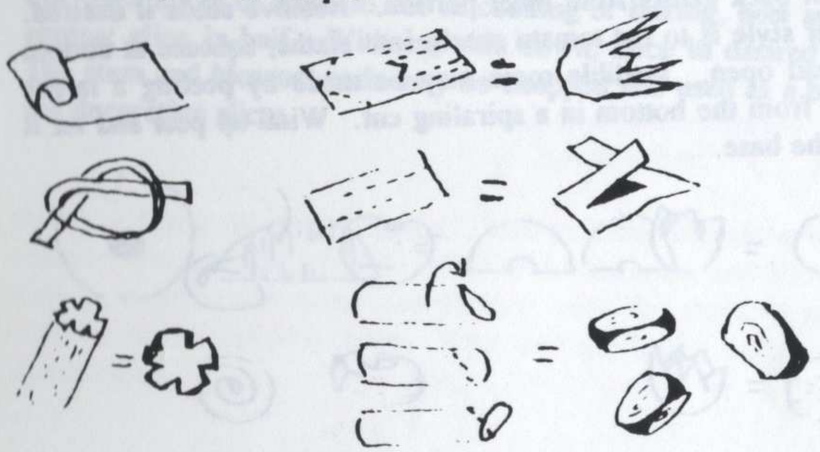
   Flowers: Slice crosswise in 3" sections. Slice lengthwise thinly and trim to shape as shown or one of your choice. Soak.

   Knots: Cut lengthwise into julienne; soak in salted water until flexible. Tie into a knot or loop. Soak in ice water.

   Twigs: Cut carrots in approximately 2" x ½" x 1" pieces. Make a lengthwise cut from each end as shown. Twist into shape. This technique may be used with peppers or cucumbers as well.

   Petaled Flowers: Cut notches lengthwise along carrot before slicing.

   Roll Cutting: Put carrot on board and slice diagonally; roll a quarter turn and slice again, repeating roll and cut. This gives a chunkier look to carrots and gives them more body for stew. Asparagus may be cut using this technique.



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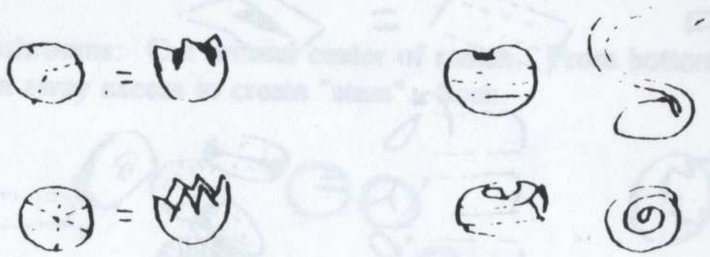
5. Turnip or white radish flowers: Cut cross-wise into thin slices. Cut shape with sharp cookie cutter. If desired, use an aspic cutter to cut out center and replace with similar cut-out of carrot. Unpeeled cucumber may be used in this way with seeded portion cut out and replaced. Cooked sliced beets may also be used.

6. Tomatoes: For rose, cut outside portion of cherry tomato in thirds and pull back gently from inner portion. Remove seeds if desired. Another style is to cut tomato nearly into sixths; squeeze at bottom to spread open. Inedible roses may be made by peeling a larger tomato from the bottom in a spiraling cut. Wind up peel and let it sit on the base.



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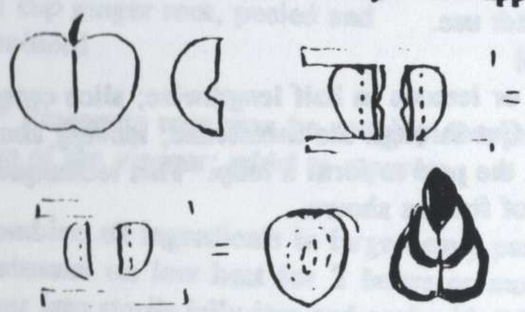
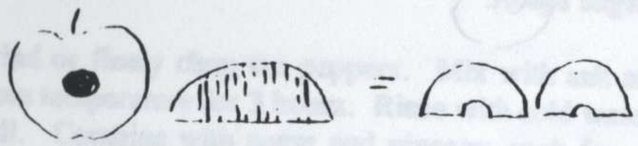
7. Apples: For lotus flowers, cut apples in even quarters and carefully notch out seeds. Place cut side down on cutting board and bracket with chopsticks top and bottom. Slice down in ⅛" slices; turn apple quarter and repeat -- you now have an outside and inside portion. Repeat cutting with the inside part. Put the apple quarter back into its original shape and slide the sections apart. Continue with remaining apple quarters. Soak in lemon water or fruit fresh to keep apples from oxidizing. Large apples may be cut in four or more sections. Delicious or Granny Smith apples are good types to use.



For even slices of apple to use in cooking or baking, peel and core apples; slice in half. With cut side down, slice in desired width. The stem and blossom ends may be chopped and used as a base for the decorative slices.



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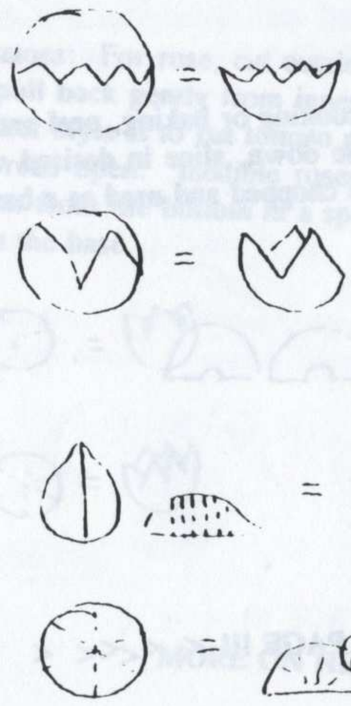
8. Citrus:

Cups: Notch around the center of oranges or grapefruit as evenly as possible, cutting to the meat of the fruit. Halve. Section or remove fruit and fill as desired. For fancier cups, mark around the center of the rind with grease pencil, dividing in thirds. Mark into petals as shown and cut to center of fruit with a sharp knife. Remove fruit with a grapefruit knife. these cups can be filled with sherbet or ice cream or frozen for later use.

Loops: Slice oranges or lemons in half lengthwise; slice crosswise in desired thickness. Cut through the membrane, leaving about 1" connected. Turn back the peel to form a loop. This technique may be adapted to wedges of fruit as shown.



PINEAPPLE FRUIT CHUTNEY

1 pineapple, peeled, cored*, and diced finely
Other fruit (apples, pears, peaches) to make a total of 10 cups fruit
1 red bell pepper, diced
2 cups white sugar
2 cups brown sugar
½ cup ginger root, peeled and minced
1½ cups raisins
3 cups vinegar
½ - 1 t salt
15 whole cloves
1 3" stick cinnamon
1 t grated nutmeg
1 T curry powder
1 T red pepper flakes (optional)

* Pineapple core may be roughly chopped and put in blender with ½ cup of the vinegar; whirl to a puree.

Combine all ingredients in large heavy pan. Bring to boil and cook at a simmer on low heat for 2 hours or more until thickened and dark. Pour into sterile jelly jars and seal with lids or paraffin.
Yield: 8 1-cup jars

RED BELL PEPPER JELLY

12 red bell peppers
1 T salt
2 cups white vinegar
3 cups sugar

Grind or finely chop the peppers. Mix with salt and allow to stand at room temperature for 3 hours. Rinse with cold water and allow to drain well. Combine with sugar and vinegar; cook for about 40 minutes or until it reaches the jelly stage. Pour into sterile jars and seal or keep refrigerated.

PICKLED PEACHES

2 large cans peach halves (16 halves)
1 T whole cloves
2 3" cinnamon sticks
2 cups cider vinegar
½ cup light brown sugar
1 t whole allspice
2 cups peach syrup
1½ cups granulated sugar

Drain peaches, reserving syrup. Combine 2 cups of the syrup with spices, sugars, and vinegar. Boil for 5 minutes. Add peach halves and simmer for 5 minutes. Cool. Keep in covered jar in refrigerator.

SPICED PEACHES

1 2" cinnamon stick
5 cups sugar
2 cups water
1 cup white vinegar
2 t whole cloves
2½ pounds fresh peaches

Combine cinnamon, sugar, water, and vinegar and bring to a boil. Peel peaches if desired, but leave whole. Insert a clove into each peach and drop into boiling liquid. Cook until tender, but be careful not to overcook. Chill and serve.

RASPBERRY VINEGAR

1 package frozen raspberries
1 cup white vinegar
¼ cup white wine
¼ cup water

Drain raspberries to obtain ½ cup of clear juice (no pulp). Add vinegar, wine and water to filtered juice. Pour into bottles, cap.

CRANBERRY SAUCE DELUXE

4 dozen blanched almonds
cold water
1 pound fresh cranberries
2 cups sugar
6 T orange or citrus marmalade
5 T fresh lemon juice

Blanch nuts by immersing in boiling water for a few minutes; drain, rinse in cool water, and pinch off the skins. Cover with cold water and refrigerate for several hours. Wash and pick over cranberries. Mix the sugar with 1 cup water; add cranberries and bring to a boil. Cook for about 5 minutes or until berries have popped open and become translucent. Skim any foam during the cooking. Remove from heat; add marmalade and juice. When cold, add well-drained almonds. Serve cold.

SPICED CANTALOUPE

1 cup vinegar
2 cups granulated sugar
1 stick cinnamon
1 t whole cloves
1 cantaloupe, peeled and cut in 1" cubes

Combine vinegar, sugar, and spices. Bring to boil and add cantaloupe. Cook over low heat until soft and translucent. May be canned and processed for storage.

BAKED FRUIT

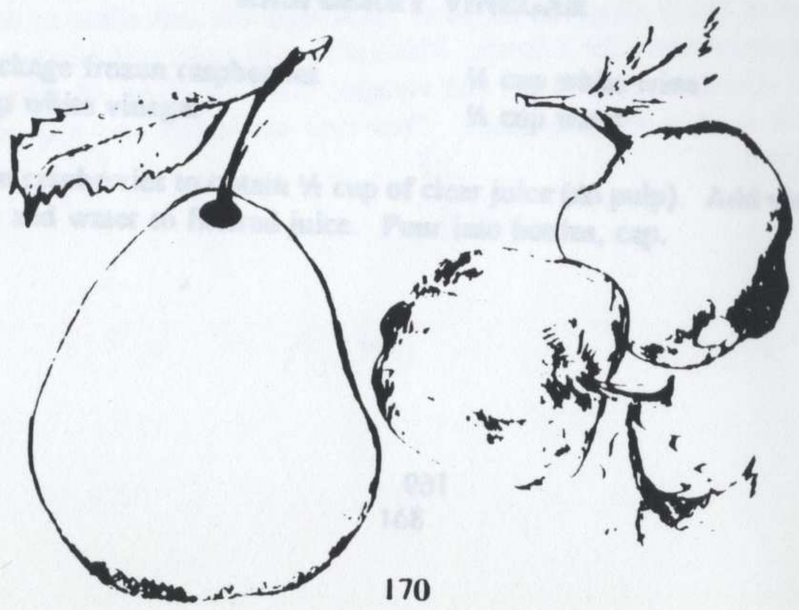
1 large can peach halves
1 large can pear halves
1 large can pineapple chunks
1½ - 2 t curry powder
¾ cup brown sugar
½ cup melted butter

Drain canned fruit; halve peach and pear halves. Put in oven-proof casserole. Combine remaining ingredients and spread over fruit. Bake at 300° for 1 hour. Add maraschino cherries for color, if desired. Serve warm or cold. Serves 12 - 15

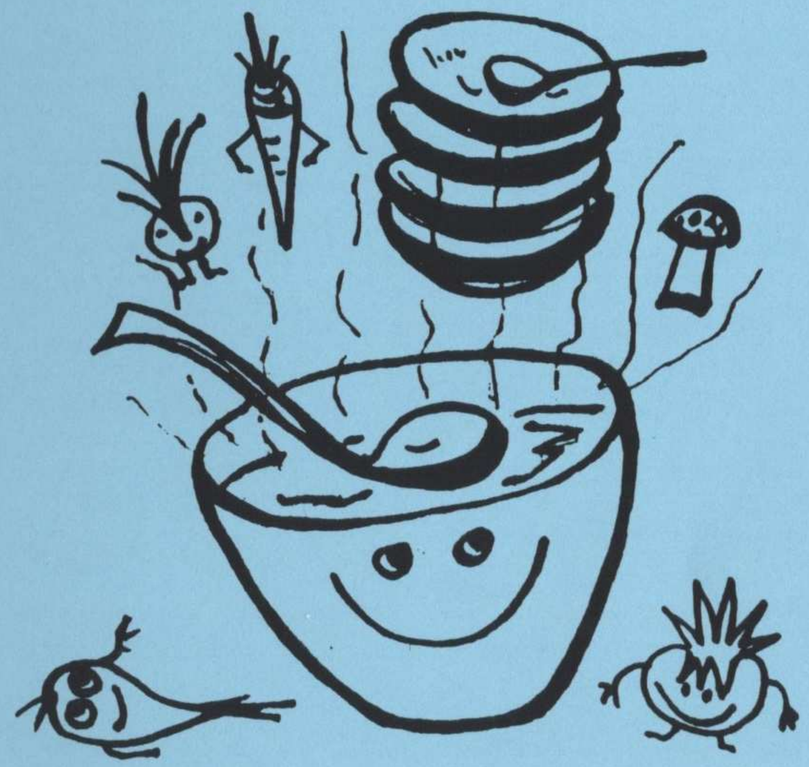
MARINATED ARTICHOKES

2 packages artichoke hearts, cooked and cooled or 2 cans artichoke hearts, drained
½ cup diced red bell pepper
¼ cup wine vinegar
¾ cup olive oil or salad oil
1 clove garlic, mashed
¼ t salt
¼ t pepper
¼ t each basil and oregano

Gently warm the red pepper in the vinegar; remove from heat and stir in the oil, garlic, and seasonings. Pour over the artichoke hearts. Cover and refrigerate for at least 6 hours. Keeps well refrigerated.



Low Cholesterol



LOW-CHOLESTEROL SUBSTITUTES

Egg Salad: Pour egg substitute into sprayed cup or pan. Bake until set; cool and chop. Add onion, celery, pepper to taste and bind with lite mayonnaise.

Cream Cheese: Drain low-fat cottage cheese or ricotta cheese. Process or blend. Add flavoring as desired or substitute this cheese for cream cheese in recipes.

Sour Cream: Spoon low or no-fat yogurt into a fine-mesh sieve; suspend over a bowl, cover and refrigerate to drain at least overnight. Longer draining produces a firmer "yogurt cheese". Substitute for sour cream, or, if drier, cream cheese.

Coating for Oven-fried Chicken: Dip skinned chicken parts in mixture of 1 egg white mixed with 1 T water and dredge in any of the following:

Dried breadcrumbs, grated parmesan, salt/pepper

Dried potato flakes, minced garlic, paprika

Seasoned flour; bake partially, then coat tops with dijon mustard and sprinkle with bread crumbs

Cream: For soups, add ¼ cup dried powdered skim milk to each cup skim milk to equal 1 cup cream -- do not boil when heating.

Whipping Cream: Chill evaporated skim milk until almost icy. Whip, adding sugar, vanilla, and a teaspoon or two of lemon juice. If you prefer, mix dried skim milk powder with skim or 1% milk (⅓ cup powder to ¾ cup milk); whip and flavor as desired. Use in recipes that are made with gelatine for best results.

• CHICKEN NUGGETS / DIP

Skinless, boneless breast of chicken
Oat bran
Egg white

Cut chicken into ¾" dice. Lightly whip egg white. Dip chicken pieces into oat bran, then egg, and again in oat bran. Stir-fry in a bit of oil until crisp. Serve with following:

• CUMIN - GARLIC - YOGURT SAUCE

1½ cups plain yogurt
2 T fresh cilantro (coriander), minced
1 clove garlic, minced
2 t cumin seed

Mix all ingredients to blend. Cover and refrigerate at least 15 minutes or longer. This sauce may also be used on vegetables.

• ZUCCHINI SOUP

2 small or 1 large zucchini
1 medium onion
2 cups chicken broth or 2 cups chicken bouillon
⅛ t oregano or thyme
¼ - ½ cup cream or milk

Slice zucchini and onion and cook in broth with herbs until tender. blend or process until smooth. Stir in cream or milk. If serving cold, chill and adjust seasonings. If hot, reheat, garnishing with chives or minced scallion.

• BROCCOLI SOUP I

2 1-pound bunches fresh broccoli
2 large carrots, scraped and sliced
1 medium onion, quartered
2 cups water
2 cups home-made chicken broth (no fat or salt)
1 t ground savory
¼ t salt
⅛ t pepper
½ cup non-fat milk

Trim tough ends off broccoli; cut into pieces. Combine everything but milk in a Dutch oven; cover and simmer 12 - 15 minutes until vegetables are tender, but broccoli is still green. Set aside 6 - 8 florets for garnish; puree the rest including liquid. (This will take several batches to do in a processor.) Return to Dutch oven, add milk and warm. If soup is too thick, add more milk. Garnish with florets before serving. Can be frozen and reheated.

• BROCCOLI SOUP II

1 bunch broccoli
1 small onion, chopped
4 cups chicken broth (4 bouillon cubes may be substituted)
¼ t thyme
several sprigs parsley
2 T butter or margarine
2½ T flour
1½ cups milk

Trim broccoli, peeling stems and discarding leaves. Chop roughly. Cook in chicken broth with onion, thyme, and parsley. In a separate pan make a white sauce by melting butter, stirring in flour to cook briefly, and off heat adding milk. Cook, stirring, until thickened. Puree broccoli mixture and combine with white sauce, blending well. Reheat if serving hot, or chill. Garnish with florets, chopped parsley, or chives.

• CURRIED SPLIT PEA SOUP

3 T vegetable oil
2 medium onions, chopped
2 medium tart apples, peeled, cored, chopped
2 cloves garlic, minced
1 t fresh ginger, grated
1 T curry powder
2 t cumin, ground
½ t mustard seed, ground
1 pound dried split peas
2 quarts water
juice of 1 lime

Heat oil in large pot; add onions, apple, garlic and ginger and saute until tender. Add spices. Stir in peas and 7 cups of water. Bring to a simmer, cover and cook for about an hour or until peas are tender. Puree in several batches, adding an additional cup of water. Stir in lime juice, salt and pepper to taste. Reheat. Serve with plain yogurt garnish.

• •• INSTANT GAZPACHO

Combine leftover salad with Mr. & Mrs. T Bloody Mary Mix in needed proportions. Blend to desired consistency. Chill.

• GAZPACHO

1 cucumber, peeled and seeded
1 medium onion, chopped
1 green pepper, seeded
1 clove garlic
3 large tomatoes, skinless
½ cup each vinegar and olive oil
6 - 12 ounces tomato juice
dash tabasco or cayenne pepper

Chop vegetables roughly and process with juice and seasonings. 2 eggs (uncooked) may be added for a creamier texture. Chill and serve with croutons.

BAKED FISH WITH CITRUS TOPPING

Any firm-fleshed white fish
¼ - ½ cup mayonnaise
grated rind and juice of ½ lemon
grated rind and juice of ½ lime

Blot fish thoroughly and place in lightly greased pan or baking dish. Mix juices and rinds with mayonnaise and spread over fish. Bake in 400° oven for 10 - 20 minutes, depending on thickness of fish. Serve with lemon wedge.

SALMON LOAVES (INDIVIDUAL)

½ cup onion, chopped
¼ cup green pepper, chopped
¼ cup pimentos, chopped
2 cups (16 oz.) low fat cottage cheese
2 small cans red salmon
½ t dill weed
¼ t lemon pepper seasoning
4 egg whites, stiffly beaten

Cook onions and pepper just until crispy-tender. Drain well. Combine with remaining ingredients except egg whites. When well mixed, fold in the beaten egg whites; spoon into lightly oiled individual loaf pans. Set pans in water bath ½ inch deep. Bake in preheated 325° oven for 45 - 60 minutes or until knife inserted in middle comes out clean. May be frozen, but are best fresh. Makes 4 loaves.

SALMON LOAF

1 1-pound can salmon
½ cup celery, chopped
¼ cup onion, chopped
¼ pound mushrooms, chopped
¼ cup evaporated skim milk
2 egg whites OR 1 egg substitute
1½ T each dill weed and fresh parsley
1 cup oat bran OR bread crumbs

Combine all ingredients, mixing well. Spoon into greased or sprayed loaf pan. Bake at 375° for 45 minutes. Serves 4

EGGPLANT STUFFED WITH CRABMEAT

4 small eggplants
1 pound regular or king crabmeat
½ cup butter, softened
1 small onion, chopped fine
1 T parmesan cheese, grated
10 black olives, minced

Cut the eggplants lengthwise and scoop out the centers, leaving a ¼ inch shell. Mix together the finely chopped onion and olives; add the crabmeat, cheese, and half the butter. Chop the scooped-out portion of eggplant and stir in. Fill the shells with the mixture. Bake in a preheated 350° oven for 35 minutes, basting with remaining butter. Serve on a bed of rice. Serves 8

CRAB AND SHRIMP CASSEROLE

1 medium green pepper, chopped
1 medium onion, chopped
1 cup celery, sliced
1 6½-ounce can crabmeat
1 4½-ounce can shrimp
⅛ t pepper
1 t worcestershire
1 cup light mayonnaise
1 cup buttered crumbs

Mix all ingredients except crumbs and spoon into greased 1-quart casserole. Top with crumbs. Bake at 350° for 30 minutes. Serve with rice. Serves 4

OVEN CRUSTY FISH

1½ pounds fish fillets (fresh or thawed frozen)
1 egg, beaten
1 T water
¾ t Tabasco
½ t salt
1 cup cornflake crumbs
2 T melted butter or oil

Combine egg, water, tabasco and salt until blended. Dip blotted fish into mixture and then coat generously with cornflake crumbs. Place on foil-lined baking sheet. Drizzle with butter. Bake in 375° oven for 20 - 30 minutes, or until done. Serve with lemon wedges which have been dipped in finely minced parsley. Serves 6

RICE WITH SEAFOOD

1 pound shrimp, shelled and deveined
1½ dozen littleneck clams, shelled
2 cloves garlic, minced
1 T parsley, chopped
¼ - ½ cup olive oil
2 cups cooked rice

Chop clams and shrimp separately. Cook garlic, clams, and parsley in oil briefly. Add shrimp and cook until done. Stir into hot rice to blend. Garnish with additional parsley.

SEAFOOD MELANGE

4 cups cooked rice (wild rice or combination)
1½ cups celery, chopped
¾ cup onion, chopped
1 2-oz. jar pimentos, chopped
2 cans condensed cream of mushroom soup
12 oz. shrimp, shelled and deveined
8 oz. faux crab or lobster, cut up

Combine rice, celery, onion, pimentos, and soup. Pour into greased 3-quart casserole and bake, covered, in 350° oven for about 1 hour. Halve ½ cup of the shrimp and set aside. Stir remaining whole shrimp and faux crab into hot rice mixture and bake for an additional 25 minutes. Meanwhile make a sauce:

8 oz. mushrooms, sliced
2 T butter
1 can mushroom soup
¾ cup half-and-half

Saute mushrooms in butter for about 5 minutes. Add soup and half-and-half. Cook until it bubbles, fold in reserved shrimp and cook for a few minutes.

PRUNE BREAD

¼ cup shortening
½ cup sugar
1 egg
1 cup sour milk or buttermilk
1 t vanilla
1 t baking soda
1 t (or less) salt
1½ cups flour
1½ cups whole wheat flour
¾ cup cooked prunes, chopped
1 cup nuts, chopped

Cream shortening and sugar; add egg. Combine milk, vanilla, salt and soda. Stir into first mixture alternately with combined flours. Add the prunes and nuts. Spoon into greased 9" x 5" loaf pan. Bake in preheated 350° oven for 1¼ hours. Yield: 1 loaf

DATE BREAD

1 8-ounce package dates, snipped
1 cup raisins
1½ cups boiling water
2 cups whole wheat flour
1 t baking powder
1 t baking soda
¼ t salt
2 egg whites, slightly beaten
1 t vanilla
½ cup almonds, chopped

Combine dates and raisins; pour over them the boiling water; cool. Sift together the dry ingredients. Add egg whites and vanilla into date mixture and combine, with the nuts, into the dry ingredients. Stir until well blended -- mixture will be thick. Spoon into greased 9" x 5" loaf pan and bake at 350° for 40 - 50 minutes or until tester comes out clean. Cool for 10 minutes before removing from pan. Store overnight before serving. Yield: 1 loaf

CARROT MUFFINS

2 cups flour, part or all whole wheat
⅔ cup bran flakes
2 t baking powder
1 t cinnamon
⅛ t nutmeg
1 egg, beaten
1½ cups milk
2 T oil
2 T molasses
½ cup honey
1½ cups carrots, shredded
½ cup raisins

Mix together dry ingredients. Combine egg, milk, oil, molasses, and honey. Stir in carrots and raisins. Allow to stand 5 minutes, then stir into dry ingredients, mixing just to moisten. Fill muffin tins about ¾ full. Bake in preheated 375° oven for 20 - 25 minutes.

CRISP WHOLE GRAIN WAFFLES

2 cups whole wheat flour
1 T sugar
1 t baking powder
½ t baking soda
⅛ t cinnamon
2½ cups buttermilk
1 t vanilla
3 egg whites
Cooking spray

Sift together the dry ingredients in a bowl. Combine buttermilk and vanilla; stir into flour mixture just until moistened. Whip egg whites to soft peaks and fold into batter. Preheat waffle iron and spray with vegetable cooking spray. Spoon batter (about ½ cup per waffle) into waffle iron, spreading batter to edges of pan. Cook about 5 - 6 minutes. Repeat with remaining batter. Baked waffles may be frozen and reheated in toaster.

VEGETABLE PATÉ (HOT OR COLD)

1 pound carrots, peeled and chopped
1 pound frozen chopped spinach, defrosted
1 T butter
1 t garlic, chopped
2 medium onions, chopped
1 egg + 5 egg whites, OR ⅔ cup substitute
2 T Parmesan cheese, grated
salt and pepper to taste (½ t if hot, or more for cold)

Steam or microwave carrots until tender; drain. Thoroughly drain frozen spinach. Saute onion and garlic in butter; mix egg and whites together. Put the carrots together with half the onions, half the eggs, 1 T parmesan, and half the seasonings in blender or processor, pureeing until smooth. Pour into greased loaf pan, bottom lined with waxed paper and greased again. Repeat with spinach and remainder of onions, eggs, and cheese. Place in water bath in 350° oven for 1 hour. Allow to stand for 15 minutes before unmolding. Serves 6 - 8

• BAKED LIMA BEANS

2 cans lima or butter beans, partially drained
3 T to 1 cup brown sugar, to your taste
½ cup dark corn syrup
½ cup catsup
1 t dry mustard
1 t salt

Combine all ingredients and bake at 325° for 2 hours or mare. To use dried lima beans, soak and cook until tender ½ pound of beans.

• RICE OREGANO

1 cup uncooked white rice
1 10-ounce can beef broth or boullion
1 cup water
1 T butter
½ t oregano

Combine ingredients in a baking dish. Cover with lid or foil. Bake at 350° for one hour. Uncover and fluff with fork. Serves 6

• CURRIED ZUCCHINI

1 T margarine
Cooking spray, oil based
1 cup zucchini, diced
1 cup onion, chopped
1 cup tomatoes, unpeeled, but seeded and diced
2 packages sweetener, OR equivalent honey
¼ t curry powder
Fresh bread crumbs
Seasoning to taste

Melt margarine in sprayed skillet. Saute squash and onion until brown; stir in tomatoes, sweetener and curry powder. Cover and cook for 1 minute. Sprinkle with bread crumbs and seasoning. Serve warm. Serves 4

• GLAZED CARROTS AND GRAPES

4 cups carrots, sliced diagonally
1 cup seedless red grapes, halved
3 T brown sugar
1 T cornstarch
¼ cup water
3 T dry vermouth

Cook carrots until crisp-tender; drain and combine with grapes. Combine brown sugar and cornstarch in samll saucepan; add water and vermouth. Cook, stirring until thickened and clear. Pour over carrots and toss lightly to mix. Serve warm.

• RICE CASSEROLE

1 cup minute rice
4 ounces fine egg noodles
½ cup margarine
1 can condensed chicken broth
1 can condensed french onion soup
½ cup water
dash of soy sauce
1 4-ounce can chopped water chestnuts (optional)

Melt margarine and saute broken egg noodles until lightly browned. Remove from heat and stir in rice. Add remaining ingredients, mixing well. Place in covered baking dish and bake at 350° for 25 minutes; contents should still be slightly moist.

• PRESIDENTIAL DRESSING

1 t sugar
1 t salt
⅛ t pepper
2 t onion, grated
dash of paprika
⅓ cup salad or olive oil
2 T red wine vinegar
2 T catsup

Combine all ingredients in a jar; shake until well blended. Refrigerate. good on spinach and mushroom salad.

• GINGER DRESSING

1 T fresh ginger, grated
1 clove garlic, minced
½ cup white wine vinegar
1 T dry sherry
2 T soy sauce
2 T sesame oil (or part sesame, part salad oil)
2 T sesame seeds, toasted (optional)

Combine all ingredients in a jar and shake until well blended. Good on spinach salad or oriental-type salad.

• CARROT DRESSING FOR PASTA SALAD

½ pound carrots, sliced
2 cloves garlic, minced
¼ t thyme
1 t basil
1 cup chicken broth
¼ cup tarragon vinegar
1 T olive oil
¼ t salt; pinch pepper
3 T grated parmesan cheese

Combine all ingredients except cheese and simmer for about 15 minutes. Add cheese. Mix with cooked pasta, blanched broccoli and/or zucchini, and diced red or green peppers. Refrigerate 2 hours. May be held for 2 days.

• LO-CAL BLUE CHEESE DRESSING

1 12-ounce carton low fat cottage cheese
⅓ cup water
2 T lemon juice
⅛ t onion powder
¼ cup blue cheese

Combine ingredients in blender or processor, blending until smooth. Cover and refrigerate airtight. Yield: 2 cups

• DIJON LOW CALORIE DRESSING

¼ cup eggbeaters OR 1 egg
1 cup olive oil
⅓ cup wine vinegar
¼ t sweetener or sugar
2 t garlic powder
½ cup Dijon mustard
1 t pepper
2 T herbs, your choice (optional)

Mix all ingredients to form an emulsion. Refrigerate, and shake thoroughly before using. Yield: 2 cups

• FRESH TOMATO DRESSING

1 cup peeled, seeded, diced tomato
½ cup Italian dressing (bottled)
2 t instant minced onion
2 T parsley, chopped
¼ cup mayonnaise

Combine all ingredients, mixing well. Cover and refrigerate at least one hour beofre serving. Good with wedges of iceberg lettuce.

MY FAVORITE SALAD DRESSING

• COLD STRAWBERRY SOUFFLÉ

2 packages unflavored gelatine
¾ cup water
1½ pints (3 cups) strawberries
½ cup ricotta cheese - part skim
½ cup sugar
½ t vanilla
1 T brandy or orange liqueur
½ cup non-fat dried milk solids
½ cup icy water
2 T fresh lemon juice

Soften gelatine in ¾ cup water. Heat until dissolved. Wash and hull strawberries. Puree in blender or processor. Add ricotta, sugar, vanilla, and brandy. Pour into bowl and refrigerate until mixture mounds. Combine ice water, dry milk and lemon juice. Whip at highest speed until fairly stiff peaks form. Transfer beaters to strawberry mixture and beat until lightened. Fold whipped milk into fruit gently but thoroughly. Spoon into dishes or serving dish. Chill until firm -- about 2 hours. Garnish with several slices of strawberry and a mint leaf. Yield: 6 - 8 servings

• BANANA BERRY SHERBET

2 large ripe bananas, cut in ¼" slices
2 T lemon juice
⅔ cup unsweetened frozen strawberries
½ cup unsweetened apple juice, chilled

Combine bananas with lemon juice. Arrange in single layer on baking sheet and freeze. Process frozen bananas and strawberries until finely chopped. Add apple juice, pulse, and scrape sides of bowl with spatula. Serve immediately or freeze up to one hour. Serves 6

• POACHED PEARS

2 cups red wine (burgundy type)
1 cup water or more if needed
1 cup sugar
1 stick cinnamon
6 cloves
½ lemon, sliced
8 winter pears, peeled

Combine all ingredients but pears in large saucepan; bring to boil and simmer for a few minutes. Peel the pears, leaving stems intact. Submerge the pears in liquid and simmer, basting until tender -- about ½ hour. Remove pears and reduce liquid. Cool, serving pears with spoonsful of syrup. If desired, pears may be cored from the blossom end or halved and cored. Serves 8

• PEACH - PEAR - MELON COMPOTE

28 ounces (3½ cups) gingerale
6 ounce package peach gelatine
4 maraschino cherries
8½ ounce can sliced pineapple
3 cups large canteloupe balls
2 cups green seedless grapes
2 small fresh pears
1 T lemon juice
2 cups honey dew melon balls

Heat gingerale to a boil; stir into gelatine and set aside to cool. Heap cantaloupe balls and green grapes in a large glass bowl. Around the sides arrange pineapple slices centered with a cherry. Peel, halve and core pears; dip in lemon juice. Put a melon ball in each pear and place, cut side out and points down between the pineapple in place. Top with remaining honeydew melon and, if desired, slices of peaches fanned around the edge. Slowly pour the cooled gelatine over the arrangement, being careful to avoid disturbing fruit. Allow to chill and set for at least 4 hours or overnight. Serve 8 - 10. May be doubled and served in 4 quart bowl or snifter with whipped cream garnish.

• ORANGE - DATE BARS

1 cup dates, chopped
⅓ cup sugar
⅓ cup oil
½ cup orange juice
1 cup flour
½ cup pecans, chopped
1 egg OR 2 egg whites OR equivalent egg substitute
1½ t baking powder
1 T grated orange rind

Combine dates, sugar, oil, and juice in a saucepan. Cook, stirring, for 5 minutes to soften dates. Cool. Add remaining ingredients and spread in greased 8" x 8" baking pan. Bake in a preheated 350° oven for 25 to 30 minutes. Cool and cut in 1" squares.

• YOGURT PIE

1 T unflavored gelatine
¼ cup water
½ cup milk
½ cup Eggbeaters
1 T molasses
2 cups vanilla low-fat yogurt
16 ounces low-fat cottage cheese, room temperature
1 T honey or sweetener
½ cup graham cracker crumbs
1 graham cracker pie shell

Soften gelatine in water; dissolve over hot water. Add milk to egg mix and cook with gelatine on a low flame until mixture coats a spoon. Cool. Mix cottage cheese, molasses, and honey in blender at low speed. Add 1 cup of yogurt and cream until smooth. Pour cold gelatine mixture over yogurt-cheese, stirring constantly to blend. Add second cup of yogurt and mix well. Pour into shell and chill until firm. Sprinkle crumbs over the top before serving.

LOW CHOLESTEROL

• CRUNCHY ALMOND CREME

1 8-ounce carton vanilla low-fat yogurt
2 t amaretto
2 T slivered almonds
4 amaretti cookies, crumbled

Combine yogurt and amaretto, blending well. Spoon into dessert cups; sprinkle with almonds and cookie crumbs. Serves 2

• SUMMER GRAPEFRUIT

When grapefruit is plentiful and inexpensive in the winter and spring, peel and section it, reserving the juice. Pack into serving size freezer containers, sugar if desired, and pour juice over the sections. Defrost and serve. For an extra touch, pour 1 T vodka over each serving.

Can-Do!

** EASY HORS D'OEUVRES

Sliced bacon strips, cut in half
Cooked, pitted prunes
Pecan halves

Precook bacon, drain on paper towel. Insert a pecan in the prune, wrap with a piece of bacon and secure with a toothpick. Just before serving, place on rack on cookie sheet and bake at 400° until bacon is crisp.

VARIATIONS

Substitute a water chestnut for the prune. Wrap a quarter of a chicken liver with the water chestnut.

** EGG DROP SOUP

1 can condensed chicken broth
1½ soup cans water
1 t soy sauce
2 t cornstarch
1 egg, beaten with dash of salt
1 scallion, minced

Heat chicken broth with 1 can water. Mix soy sauce and cornstarch with remaining water. Stir in and simmer until clear. Slowly stir egg into boiling soup. Place minced scallion in soup bowls and pour hot soup over.

** B. K.'S SUMMER LUNCH STARTER

1 can jellied consomme, chilled
1 cup sour cream
1 can crabmeat, drained, rinsed, flaked

Divide the consomme between two chilled soup-bowls. Layer the sour cream over each, and top with crabmeat. Serves 2

** EASY CHILI

1 pound lean ground meat
1 can kidney beans
2 cans tomato soup
2 T onion, chopped
4 t chili powder, or to taste

Cook ground meat at high setting in microwave for 5 minutes, or until brown. Add remaining ingredients and cook for an additional 10 minutes.

** BEEF BRISKET BARBECUE

1 large beef brisket, well trimmed
Barbecue sauce of your choice

Wrap brisket in heavy duty foil; place on baking sheet and roast in 275° oven for 3 - 3½ hours. Unwrap, reserving juices. Slice thin across the grain (if it tears, chill before slicing). Place slices in oven proof dish and cover with sauce which has been thinned with some of the reserved juices. Cover and return to oven for an additional hour. This may be forzen before final baking.

** GOLFER'S SPECIAL

Large chuch roast, well trimmed, about 2" thick
1 package dry onion soup mix
1 can condensed cream of mushroom soup

Place beef on large sheet of heavy duty foil. Cover with undiluted soup and sprinkle with soup mix. Wrap using a drugstore fold. Place on baking sheet and bake at 275° for an afternoon or at a higher temperature for several hours. Unwrap and serve with the self-made sauce.

** EASY EYE ROUND ROAST

Place eye round roast, fat side up, on a rack in a baking pan. Preheat oven to 425°-450° and roast for 15 minutes. Turn heat to 200°-225° and continue roasting for 2-3 hours. Let rest for 10 minutes; carve in thin slices. This roast will be medium rare and fairly tender. Leftovers may be used for sandwiches or salads.

** EASY BAKED CHICKEN

1 broiler/fryer, chicken, cut up
garlic salt, pepper, paprika to taste
1 can condensed cream of mushroom soup
¾ cup sour cream
½ bunch parsley, chopped

Rinse and dry the chicken pieces. Place in single layer in baking dish or skillet. Sprinkle with seasonings. Combine soup and sour cream; pour over chicken. Sprinkle liberally with parsley. Bake, uncovered, at 350° for 1½ hours.

** LAZY DAY CHINESE CHICKEN

1 whole broiler/fryer chicken
1 T oil
¼ cup dry sherry
¼ cup soy sauce
¼ cup onion, chopped
3 cloves garlic, minced
1 T sugar
1 t ginger root, minced

Rinse and dry chicken. Heat oil in dutch oven and brown chicken on all sides. Mix remaining ingredients and pour over chicken. Cover and simmer for 25 minutes. Turn chicken and cook for 10 minutes more, or until leg moves freely. Serve whole, sliced or in serving-sized pieces. Serves 4

* ** ORANGE CHICKEN

6 chicken breasts, lightly salted
6 ounce can frozen orange juice
½ cup brown sugar
2 T margarine

Place chicken breasts in casserole; combine other ingredients and heat just until blended. Pour over chicken. Bake at 350° for about 1½ hours.

** SUPER CHICKEN CASSEROLE

2 chickens, cut up (breasts, wings, thighs, legs)
1 can condensed mushroom soup
1 large clove garlic, minced
1½ 6-oz. cans frozen orange juice, thawed
2 T soy sauce

Rinse and dry chicken pieces. Place in 9" x 13" baking dish. Mix remaining ingredients and pour over chicken. Cover and bake at 325° for 1½ hours. Remove cover and bake 30 minutes longer to brown. Serves 8-10

** CURRY IN A HURRY

1 can frozen cream of shrimp soup
2 T instant minced onion
3 t curry powder (or to taste)
1 cup sour cream
2 cups cooked shrimp

Heat together the soup, onion, and curry powder in a double boiler. Stir in the sour cream and shrimp to heat; do not let it come to boil. Serve with rice and condiments such as chutney, chopped green pepper, coconut, raisins, peanuts, or bananas mixed with lime juice. Serves 4-5

* ** BAKED CHICKEN BREASTS

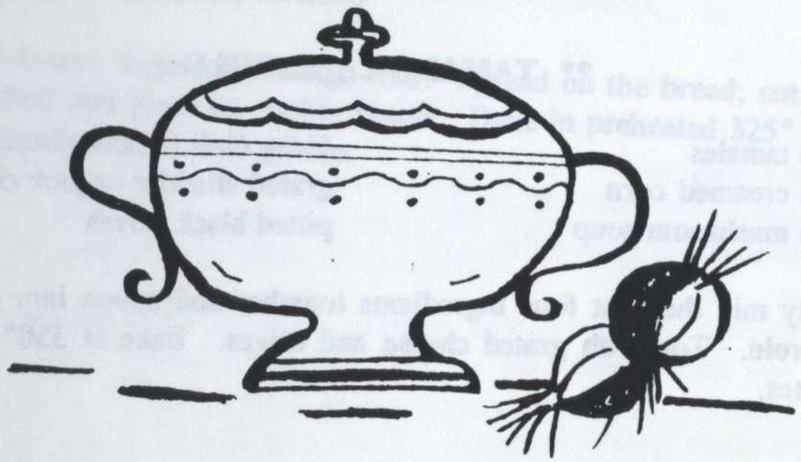
2-3 whole chicken breasts, halved
½ cup honey
½ cup dijon mustard
1 T curry powder
2 T soy sauce

Rinse and dry chicken; skin, if preferred. Place in a single layer in baking dish, skin side down. Blend remaining ingredients; pour over chicken, cover, and refrigerate to marinate for 6 hours. Turn chicken, cover with foil and bake at 350° for one hour. Remove foil, baste well, and continue to bake, uncovered, for 15 minutes. Serve with sauce. Serves 4-6

** APPLE AND POULTRY CASSEROLE

1½ cups apples, pared and diced
½ small green pepper, cut in strips
1 large clove garlic, minced
2 t curry powder
3 T butter or margarine
1 can cream of chicken soup
⅓ cup (generous) water
1½ cups cubed cooked turkey or chicken

Cook apples, green pepper, garlic, and curry powder in shortening until tender. Stir in soup, thinned with water, and poultry. Heat, stirring occasionally. Serve with rice. Serves 4



** SWEET AND SOUR CHICKEN

1 20-ounce can crushed pineapple, in juice
1 cup low-calorie Russian dressing
½ cup onion, chopped
1 t poppy seeds (optional)
3 whole boned and split breasts of chicken

Combine pineapple, dressing, onion, and poppy seeds in a 9" x 13" baking pan. Place chicken in a single layer in pan, spooning mixture over each piece. Bake in 375° oven for 40 minutes. Serve hot over rice. Serves 6

** BLUEBERRY-CORN PANCAKES

1 12-ounce package corn muffin mix
1 pint fresh blueberries
1 T lemon juice
1 cup sugar
¼ cup water

Follow package instructions to make pancakes, folding in ¾ cup of the berries. Spoon onto greased griddle, turning when bubbles appear. Combine remaining berries with sugar, water, and lemon juice. Bring to boil and simmer for about 10 minutes. Serve with pancakes.

** TAMALE CASSEROLE

1 can tamales
1 can creamed corn
1 can mushroom soup
1 can chili (without beans)
grated cheddar or jack cheese
pitted black olives

Gently mix the first four ingredients together and spoon into greased casserole. Top with grated cheese and olives. Bake at 350° for 30 minutes.

** EASY WELSH RAREBIT

1 can cheddar cheese soup
light cream or half-and-half
prepared mustard and tabasco to taste
cooked bacon or ham slices
English muffins or toast

Mix the soup with cream to desired consistency and season to taste. Serve over muffins or toast topped with bacon or ham. Good with accompaniment of grilled tomatoes and green salad.

** SPINACH CASSEROLE

2 packages frozen whole-leaf spinach
1 can condensed cheese soup

Thaw spinach. Place in casserole dish, mix in soup. Bake at 350° for about ½ hour.

** ORANGE TOAST

1 loaf (20 slices) thin bread, crusts removed
¼ pound (1 stick) butter, softened
⅛ cup sugar
grated rind of 2 oranges

Mix the butter, sugar and orange rind. Spread on the bread; cut each slice in half and place on cookie sheets. Bake in preheated 325° oven about 20 minutes, or until golden.

** BREAKFAST SURPRISE

1 pound sausage (mild or hot)
2 jars Old English cheese spread
¼ cup margarine
6 English muffins

Cook sausage and drain thoroughly. Add cheese spread and margarine. Cook over low heat until melted; blend. Halve muffins and spread with sausage mixture. Place on cookie sheet and freeze; stack in plastic freezer bag. To serve, heat muffins in toaster oven or regular oven on low until hot and bubbly.

** ALMOST FOOLPROOF BISCUITS

2 cups self-rising flour
1 heaping T shortening
pinch of soda
1 cup buttermilk

Preheat oven to 450°. Place some additional shortening in 9" skillet in oven to heat. Mix soda and flour; add shortening, cutting in to blend. Stir in buttermilk, mixing just until moistened; do not overwork. Turn out on to floured board; knead several turns and pat out to ½" thickness. Cut with biscuit cutter. Dip tops of biscuits in the hot melted shortening and arrange in skillet, sides touching. Return to oven and bake until golden brown -- about 10 - 15 minutes. Serve warm.

** MAGIC COOKIE BARS

¼ cup margarine
1 ½ cups graham cracker crumbs
1 can sweetened condensed milk
1 cup semi-sweet chocolate chips
1 ¼ cups flaked coconut
1 cup nuts, chopped

Melt shortening and mix with crumbs; press into 9" x 13" baking pan. Pour and spoon milk over crumbs, spreading evenly. Sprinkle with chips, then coconut, and finally the nuts. Bake in 325° oven for 25-30 minutes until lightly browned. Cool well before cutting into bars. Store, loosely covered, at room temperature. Makes several dozen.

** CAN-DO COOKIES

1 box cake mix -- any flavor
½ cup butter or margarine
2 eggs

Mix all ingredients thoroughly. Drop on lightly greased baking sheet and bake in 350° oven for 10 - 12 minutes. Vary by adding nuts, chips, coconut, or your choice!

** BRIDE'S PIE

1 baked 9" pie shell
3 egg whites
⅓ cup sugar
1 quart ice cream
¼ cup liqueur

Pack ice cream in pie shell; pierce with fork. Cover and freeze. Just before serving, whip egg whites, adding sugar to make a meringue. Drizzle liqueur over ice cream in shell; cover with meringue, sealing well. Bake on top shelf of pre-heated 450° oven for about 5 minutes, or until meringue is browned. Serve immediately. Individual servings may be made using commercial shortcake sponge cups and 1-2 t liqueur of your choice.

** AMBROSIAL LADYFINGERS

1 package unfilled ladyfingers, slightly stale
1 cup orange juice
shredded coconut

Put the juice in a shallow bowl, the coconut on waxed paper alongside. One at a time, dip the ladyfingers in the juice, turning to dampen all sides. Roll in coconut. Serve 2 to a person.

** EASY LEMON CAKE

1 box lemon cake mix
1 cup yogurt (plain, vanilla or lemon)
4 eggs
⅔ cup oil
1 T lemon peel, grated
1 t vanilla

Mix together the eggs, yogurt, oil, peel, and vanilla; stir into cake mix. Bake in greased and floured bundt pan or tube pan in 350° oven until done. Let rest a few minutes before removing. While still warm, glaze with mixture of 1 cup powdered sugar with juice of 1 lemon.

** DELUXE LEMON CAKE

1 box deluxe lemon cake mix
1 cup water
1 cup sour cream
3 eggs

Filling:

1 18-ounce jar apricot preserves
Strawberries, sliced
1 cup sour cream

Combine all ingredients and beat at medium speed for 2 minutes. Turn into two greased and floured 9" cake pans. Bake in preheated 350° oven for 30-35 minutes. Cool for 15 minutes before removing from pans. When cool, split each layer horizontally (making four layers). Press apricot preserves through a sieve. Mix with sour cream. Spread 3 T of this filling on bottom layer. Repeat with remaining layers, leaving top plain. Top cake with strawberry slices and brush remaining glaze over berries.

** PINEAPPLE SURPRISE CAKE

1 can (21 ounces) cherry pie filling
1 can (20 ounces) crushed pineapple
1 box (18.5 ounces) yellow cake mix (not pudding type)
½ cup chopped nuts
½ cup (1 stick) butter or margarine

Butter a 9" x 13" cake pan. Spread undrained pineapple evenly in it; cover this with pie filling, again spread evenly. Spoon dry cake mix over fillings, distributing evenly. Sprinkle nuts over cake mix. Cut shortening in thin pats and dot over top. Bake in preheated 350° oven for 50-60 minutes; top whould be golden brown. Cool cake; cover if refrigerated.

** DUMP CAKE

1 package ANY cake mix
1 can fruit pie filling
1 cup (2 sticks) butter

Grease 9" x 13" cake pan. Spread cake mix in pan and top with even layer of pie filling. Melt butter and drizzle evenly over all. Bake in preheated 325° oven for an hour. Serve warm with cool whip.

** E, F, G (Easy, Fast, and Good)

Spoon lemon sherbet into parfait glasses. Drizzle with creme de menthe.
Use fresh peach ice cream with raspberry liqueur.
Use vanilla ice cream with creme de cassis.
Try chocolate and vanilla ice cream with Kahlua.

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